



## Upcoming EVENTS

### HAPPY BIRTHDAY MAY BABIES

Thursday, May 18, 2023

Cost \$3.00

Turkey & Cheese Slider  
Stuffed Pepper  
Whipped Potatoes,  
Yellow Beans, Bread And  
Little Debbie Jelly Roll,  
Birthday Cake, Treat Bag,  
Chips And Special  
Beverage!!

Follow by a Trivia Game  
With Prizes!!

**MUST BE SIGNED  
UP AND PAID FOR BY  
5/16/2023**

### Bingo Party & BBQ

Wednesday, May 31, 2023

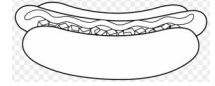
Cost \$7.00

#### Menu

*BBQ Chicken Breast  
Homemade Mac N Cheese,  
Vegetable, Dinner Roll, Dessert  
Ice Tea , Treat Bag and More  
Includes Bingo!!*

Starts at 11:30am

**Must R.S.V.P. & Paid  
By 5/25/23**



### FREE PERK DAY

5/17/2023

**Must be sign up  
And show your  
Perks Card**

**To receive your  
free hot dog by  
5/15/23**

**Extra Hot Dogs  
Will be sold for  
\$1.00**

### Out To Lunch Bunch

May 25<sup>th</sup>, 2023

Pick up 10:00 am

Leaves Restaurant: 12:45pm

### Hokkaido

4612 Browns Hill Road, Pittsburgh, PA 15217

Cost \$13.99



### Casino Trip

May 3, 2023

Pick up: 9:00

Leaves Rivers: 4:00



### Instruction Lead

Pool

By Tyrone

Every Monday

At 12:30



### Exercise Class

Mon.—Fri.

10am to 11am

Instructor Lead

By Doug

And Video





## Free food for seniors

You may qualify for a free monthly box of food through the Food Bank's Senior Box Program.

### To be eligible, you must:

- Be 60 years of age or older
- Meet the income guidelines
- Provide a valid ID

Family Size	Annual Income	Monthly Income
1	\$17,667	\$1,473
2	\$23,803	\$1,984
3	\$29,939	\$2,495

### What's in the box?

- 7-8 cans of vegetables
- 2-3 cans of fruit
- 1-2 bottles of juice
- 2-3 cans of beef, poultry and/or fish
- 3 jars/cans of peanut butter and/or beans
- 2 packages of cereal, grits and/or oats
- 2 pounds of pasta and/or rice
- 2 packages of shelf-stable milk
- 2 pound block of cheese

### To Sign Up

**Call - 412-233-4847**

*LifeSpan Steel Valley Center works with 412 Food Rescue to deliver boxes to Seniors that are unable to pick up in person.*

**DELIVERY DAY & TIME MAY VARY  
DUE TO AVAILABILITY OF VOLUNTEERS.**



www.lifespan.org

1 N. Linden St. | Duquesne, PA 15110  
pittsburghfoodbank.org  
412-460-3663

Non-discrimination statement  
and full income guidelines are on  
the other side. Please turn over.

# Food Bank & Senior Food Boxes

## Food Bank Distribution

May 16th  
June 20th  
1:00pm to 3:00pm



## Senior Box Dates

May 11th  
June 8th  
July 8th



## Casino Trip

May 3rd  
Be at Center 9:00am  
OPT Leaves 9:30am



Return From Casino Approximately 4:00  
**ALL MUST BE REGISTERED WITH OPT/ACCESS**

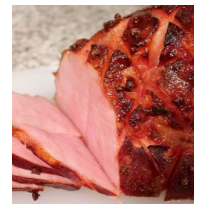
## Out to Lunch Bunch



## Hokkaido

May 25<sup>th</sup>, 2023

Be at Center 10:00am - OPT Leaves 10:30am  
Return From Restaurant Approximately 12:45  
**MUST BE REGISTERED WITH OPT/ACCESS**



**DO YOU BAKE ???  
WE WOULD LOVE TO  
HAVE A BAKE SALE  
AT THE CENTER  
FOR A FUNDRAISER  
PLEASE LET LINDA  
KNOW IF YOU ARE  
WILLING TO BAKE**

Happy  
Mother's  
Day



## POKENO

FRIDAYS 12:30 TO 1:30

**What are the rules of the game Po-Ke-No?**

Pokeno may be played similarly to keno. Each player except the dealer or "banker" is given a board and may bet on any figure that automatically covers one row and one column. The banker turns over playing cards and the players cover only those called.