



Resources and Services for Older Adults

IMPERIAL SENIOR RESOURCE CENTER

Monday—Friday 8 am—4 pm

540 Penn Lincoln Dr, Imperial, PA 15126

724-218-1669

www.lifespanpa.org



The Center will be **CLOSED** on the following days:

Monday, January 1 & Tuesday, January 2 (HAPPY NEW YEAR)
and Monday, January 15 (MLK Day)

BLOOD PRESSURE & OXYGEN SATURATION TESTING:

Monday, January 22
from 10:00am - 11:30am
Sign up by 1/15

SPECIAL LUNCH & LEARN

Monday, 1/22 @ 11:30am

MUST SIGN UP by Thursday, 1/11

[25 minimum sign up required]

Stuffed Chicken Breast w/ gravy

Italian green beans

Mashed potatoes

Carrot cake

Suggested donation: \$2

Note: The Firehouse Chili listed on the
Monthly menu will not be available on 1/22

LUNCH OUTING:

**DOWNEY'S HOUSE-
ROBINSON**

Wednesday, January 17 at 11:30am

Sign up by 1/12

Need a ride with ACCESS? Let us know by
1/9 [Must be registered w/ACCESS/OPT]

CONNECTCARD SIGN-UP:

Wednesday, February 7

10:30am - 11:30am

Sign up required by 2/2

Bring driver's license on 2/7

Ride buses for free!

FRIDAY FLICKS @ WACL:

Fridays, 12:30pm-2:30pm

Join us in this new partnership program
at the library! Various movies & TV shows
will be shown. You are also welcome to
make suggestions!

STRENGTH/ BALANCE EXERCISE:

Tuesday, 1/9, 23 & 30 @ 10:30am and Tuesday, 1/16 @ 10am

LINE DANCE

Wednesdays @ 9am

KNIT & CROCHET

Wednesdays @ 1pm



TECH TUTORING

Wednesday, January 24 [Individual 1/2 hour sessions @ 1, 1:30, 2, 2:30]

Get one-on-one help with your computer, cell phone, laptop, tablet or Kindle

Sign-up in advance is required.

OPERA CLASS

Wednesdays @ 3pm

Learn some unique facts and storylines about upcoming operas.

Note: This is not a voice class. It will give an understanding & appreciation for opera!

GERMAN

Thursdays @ 10:30am

Learn the language & the culture of the country!

SPANISH

Thursdays @ 12:30pm

CARDS & GAMES*

Something for everyone!

- * Most games [except Bingo & Rummikub] have limited sign ups, which are required in advance.
- * Experience levels vary depending on the game.
- * Check with center for costs, dates & other details.

BINGO

Mondays at noon



BRIDGE

Mondays at noon

Limited sign ups. Looking for experienced players!



BUNCO

Tuesdays at noon

No limit. All are welcome, even if you've never played before!

EUCHRE

Tuesdays at 11:30am

Limited sign ups. Experienced players.

RUMMIKUB

Wednesdays at noon

No limit. All are welcome, even if you've never played before!



500 BID

Thursdays at 11:30am

Limited sign ups. Experienced players.

INTERESTED IN ANOTHER CARD / GAME NOT LISTED ABOVE?

Let us know & we'll see if we can add it!



Special notes, reminders and need-to-know:

SIGN UP FOR OUR TASTY LUNCHES!

[See the entire month's menu at the back of the newsletter.]

On almost all weekdays when the Center is open, we offer a well-balanced lunch at **11:30am** in a group setting for a **suggested cash donation of just \$2.00!**

Please sign up by **10:30am TWO days before** (for Monday meals, sign up by Thursday at 10:30am and for Tuesday meals, sign up by Friday at 10:30am). [Note: Closures and special meals may require sign up more than 2 days in advance!] You can sign up in the center (preferred) or call 724-218-1669 to schedule. Be sure to include your choice of milk (whole, 2%, skim or chocolate.)

CENTER DELAY & CLOSING INFORMATION:

Just a reminder: please be aware that you can check for LifeSpan delays & closings on **WTAE and KDKA news** [it scrolls across the bottom of the page.] You can also get this info on **wtae.com** :

View **CLOSINGS** at the top of the page.

NOTE: If you signed up to attend lunch or another event & included your phone number on the sign up page, we will make our best attempt to reach you if the event is cancelled or the center is closed.

ACCESS PROVIDER HAS CHANGED!

ACCESS has made **changes effective November 1** for areas in or around the **Imperial area**, including Findlay Township, South Fayette Township, North Fayette Township, Oakdale Borough, McDonald Borough (Allegheny County Only) and Collier Township.

Please see next page for additional details.

WANTED: VOLUNTEERS!

In the new year, please consider giving some time to keep our senior center running smoothly! We really do need you!

To those who have so generously donated their time &/or resources, thank you!





October 25, 2023









IMPORTANT NOTICE!

This is to inform you that First Transit Bethel will no longer be providing ACCESS or OPT service in your area after Tuesday, October 31, 2023. Any trips you wish to schedule for Wednesday, November 1 **and all future service** should be placed with your new service provider:

Air Star
(412) 381-7230

Air Star is prepared to give you the best service possible. They are already providing ACCESS service near your neighborhood. Nothing else will change about your ACCESS service. You will still call a day in advance just as you did before. First Transit is still providing ACCESS service in many other neighborhoods, and they have appreciated the opportunity to provide your transportation.

If you have questions about this transition, please feel free to call our office at (412) 562-5353 or TTY 711. We appreciate the opportunity to provide your ACCESS service. Thank you for your cooperation and support of the ACCESS program.

Mon	Tue	Wed	Thu-Light Fare	Fri
1  Centers Closed	2  Centers Closed	3 Orange Chicken ¾ C. Diced Chicken ½ C. Stir Fry Vegetable Blend ½ C. Vegetable Fried Rice WW Bread w/Margarine ½ C. Diced Pineapple Cal 676	4 Chicken BLT Salad ¾ C. Diced Chicken 1 C. Salad Greens w/dressing WW Bread w/Margarine ½ C. Fresh Fruit Salad Cal 696	5 Ital. Asiago Stuffed Gnocchi 1 C. Gnocchi 1 C. Carrots 1 C. Cauliflower WW Bread w/Margarine ½ C. Greek Yogurt Cal 627 
8 Maple Glazed Pork w/ Cider Gravy 4 oz Pork ½ C. Sweet Potato Cubes ½ C. Brussel Sprouts WW Bread w/Margarine Oatmeal Cookie Cal 728	9 Pub Steakburger 1 Beef Patty & 1 Slice Cheese WW Sandwich Roll ½ C. Broccoli w/ Ranch Dip 1 C. Stuffed Pepper Soup ½ C. Chocolate Pudding Cal 897	10 Tri Color Tortellini w/ Sauce 1 C. Pasta ½ C. Mediterranean Veggie Blend WW Bread w/Margarine Fresh Orange Cal 750	11 Ham Salad Sandwich WW Sandwich Roll 5 oz Ham Salad ½ C Broccoli Slaw ½ C Fresh Grapes Cal 712	12 Cheese Ravioli w/Sauce 3 Ravioli 1 C. Buttered Winter Veggie Blend WW Bread w/Margarine ½ C. Mandarin Oranges Cal 628
15 Centers Closed 	16 Stuffed Pepper 1 Pepper w/Meat Sauce ½ C. Steamed Broccoli ½ C. Roasted Red Peppers WW Bread w/Margarine Pound Cake Cal 712 	17 Petite Tenderloin Medallions 3 oz Beef w/ Au Jus ½ C. Mashed Potatoes ½ C. Beets WW Bread w/Margarine Fresh Pear Chocolate Chip Cookie Cal 790	18 Italian Sub ¼ Sub Roll 3 oz meat & cheese 1 C. Tossed Salad w/Dressing Fresh Apple Cal 627 	19 Mojo Marinated Cod Fillet 1 cod fillet ½ C. Coleslaw 1 C. Corn & Sweet Potato Soup ½ C. Cilantro Lime Brown Rice Fresh Clementine Cal 687
22 Firehouse Chili 1 C. Chili ½ C. Broccoli ½ C. Carrots WW Bread ½ C. Cantaloupe 1pk Saltine Crackers Cal 653 	23 Stuffed Cabbage Roll 1 Cabbage Roll ½ C. Mashed Potatoes ½ C. Green Beans WW Bread w/Margarine ½ C. Greek Yogurt Cal 672	24 Chicken Alfredo 1 Chicken Breast 1 C. Normandy Vegetable Blend ½ C. Buttered Penne ½ C. Apple Slices Chocolate Chip Cookie Cal 610	25 Stuffed Chicken Breast w/Gravy, Italian Green Beans, Mashed Potatoes, Carrot Cake 25 MINIMUM TO SIGN UP	26 Sausage and Peppers 4 oz Sausage Links ½ C. Diced Potatoes ½ C. Peppers and Onions WG Hot Dog Roll ½ C. Fresh Fruit Salad Cal 810 
29 Meatloaf w/Gravy 1 Slice Meatloaf ½ C. Mashed Potatoes ½ C. Green Beans WW Bread w/Margarine Banana Bread Cal 736	30 Chicken Cordon Bleu ½ C. Carrots 1 C. Butternut Squash Soup WW Bread w/Margarine ½ C. Strawberry Banana Applesauce Cal 947	31 Beef Stroganoff 1 C. Stroganoff ½ C. Cauliflower ½ C. Peas ½ C. Buttered Rotini Pound Cake w/Strawberries Cal 745 