



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



CONNECTCARD SIGN-UP:

Wednesday, February 7

10:30 am - 11:30 am

Sign up required by 2/2

** Bring driver's license on 2/7 **

Ride buses for free!

Ride PA public transportation for free!

BLOOD PRESSURE & OXYGEN SATURATION TESTING:

Tuesday, February 20

from 10:00 am - 11:30 am

Sign up by 2/15

SPRING CLEANING TIPS:

Tuesday, February 13 at 11:00 am

Sign up by 2/8

TECH TUTORING

Wednesday, February 28

[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.

FRIDAY FLICKS @ WACL:

Fridays, 12:30 pm-2:30 pm

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

NOTE: PROGRAMS & ACTIVITIES

may be cancelled due to insufficient sign-up or weather.

STRENGTH/ BALANCE EXERCISE:

Tuesday, 2/6, 20 & 27@ 10:30 am and Tuesday, 2/13 @10 am

LINE DANCE

Wednesdays @ 9 am

KNIT & CROCHET

Wednesdays @ 1 pm



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OPERA CLASS

Wednesdays @ 3 pm

Learn some unique facts and storylines about upcoming operas.

GERMAN

Thursdays @ 10:30 am

Learn the language & the culture of the country!

SPANISH

Thursdays @ 12:30 pm

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

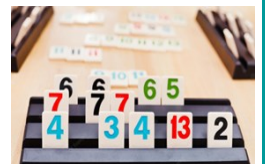
Tuesdays at 11:30 am

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 11:30 am

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 **11:30 am** in a group setting for a **suggested cash donation of just \$2.00!**

Please sign up by **10:30 am TWO days before** (for Monday meals, sign up by Thursday at 10:30am and for Tuesday meals, sign up by Friday at 10:30 am). [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.

Reminder: ACCESS PROVIDER HAS CHANGED!

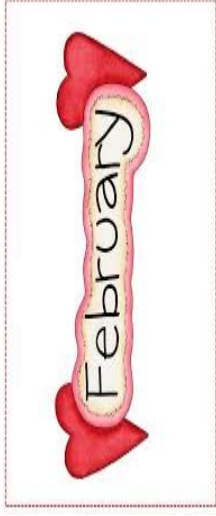
ACCESS has made **changes effective November 1** for areas in or around the **Imperial area**, including Findlay Township, South Fayette Township, North Fayette Township, Oakdale Borough, McDonald Borough (Allegheny County Only) and Collier Township.
Contact ACCESS or stop in the Senior Center [after 2pm] if you need more information.




Show some love for your Senior Center: VOLUNTEER!

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!





Mon	Tue	Wed	Thu	Fri
 5 Orange Chicken (3/4 C Diced Chicken) 1/2 C Stir Fry Vegetable Blend 1/2 C Vegetable Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 676	 6 Chicken BLT Salad (3/4 C Diced Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 696	 7 Spaghetti w/Meatballs (1/2 C Spaghetti w/Sauce & 2 Meatballs) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Jello Cal 723	1 BBQ Turkey Flatbread (2 oz turkey & 1 oz cheese) 1/2 C Potato Salad, 1/2 C Fresh Cantaloupe Cal 669	2 Cheese Ravioli Alfredo (3 Ravioli) 1/2 C Broccoli, 1 C Side Salad w/Dressing, WW Bread, Margarine 1/2 C Vanilla Pudding Cal 625
12 Maple Glazed Pork w/ Cider Gravy (4 oz pork) 1/2 C Sweet Potato Cubes 1/2 C Brussels Sprouts WW Bread w/Margarine Oatmeal Cookie Cal 728	13 Ham Salad Sandwich (WW Roll & 5 oz. Ham) 1/2 C Broccoli Slaw 1/2 C Fresh Grapes Cal 712	14 Valentine's Day Tri Color Tortellini w/Sauce (1 Cup) 1/2 C Mediterranean Vegetable Blend WW Bread w/Margarine Fresh Orange Cal 750	8 Pulled Pork Sandwich (1/2 C Pulled Pork & WW Sandwich Roll) 1/2 C Coleslaw 1/2 C Chuck Wagon Corn 1/2 C Fresh Cantaloupe Cal 684	9 Italian Asiago Stuffed Gnocchi (1 Cup) 1/2 C Carrots 1/2 C Cauliflower WW Bread w/Margarine 1/2 C Greek Yoghurt Cal 627
19 BirthDay Menu Petite Tenderloin Medallions Au Jus (3 oz Beef) 1/2 C Mashed Potatoes 1/2 C Beets WW Bread w/ Margarine, Fresh Pear, Choco- late Chip Cookie Cal 790	20 Italian Sub (1/4 Sub Roll w/3 oz Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple Cal 627	21 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 C Creamy Spinach Orzo 1/2 C Diced Mango Sugar Cookie Cal 720	15 Pub Steakburger (1 /beef Patty, 1 Slice Cheese & WW Sandwich Roll) Ketchup 1/2 C Broccoli w/Ranch Dip 1 C Stuffed Pepper Soup 1/2 C Chocolate Pudding Cal 897	16 Cheese Ravioli w/Sauce (3 Ravioli) 1 C Buttered Winter Vegetable Blend WW Bread w/Margarine 1/2 C Mandarin Oranges Cal 628
26 Chicken Alfredo (1 Chicken Breast) 1 C Normandy Veggie Blend 1/2 C Buttered Penne 1/2 C Apple Slices Chocolate Chip Cookie Cal 610	27 Classic Cobb Salad (3 oz. Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine Fresh Orange Cal 629	28 Firehouse Chili (1 Cup) 1/2 C Broccoli 1/2 C Carrots WW Bread w/Margarine 1 pk Saline Crackers 1/2 C Cantaloupe Cal 653	22 Stuffed Pepper (1 Pepper w/Meat Sauce) 1/2 C Steamed Broccoli 1/2 C Roasted Red Peppers WW Bread w/Margarine Pound Cake Cal 712	23 Mojo Marinated Cod Fillet (1 Cod Fillet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Clementine Cal 687
			29 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yoghurt Cal 672	