



Resources and Services for Older Adults

Steel Valley Senior
Community Resource Center
Monday Through Friday
9:00am to 2:00pm
530 Miller Ave Clairton, PA 15025
412-233-4847



HAPPY BIRTHDAY & VALENTINES DAY FEBRUARY BABIES

WEDNESDAY 2/14/24
Cost IS \$6.00 If you
DO NOT DONATE A
SNACK, DRINK OR BUY
A DISH

BUYB

*Cupcakes, Treat Bag, And
Special Beverage!!*

**MUST BE SIGNED
UP OR PAID BY
TUESDAY 2/7/24**

*See Sign-Up Sheet Up Front
JOZIE OR VANESSA*

BLACK HISTORY MONTH CELEBRATION 2024



What A WAY To Start The
New Year!!

Duquesne University will be here
on the following Tuesdays

2 /13 & 2/27/2024 for

Health Screening and Bingo @
11am-2pm

Upcoming
EVENTS

FUN BINGO



**WILL BE HELD
ON Mondays**

12:30pm

**GRILLED CHEESE
& TOMATO SOUP**

PERK DAY

2/29/24

**SIGN UP w/
Perks Card by
2/19/24**

Extra:

If Not A Perk Member

**Out To Lunch
Bunch
DREWS Rt 30
Pick Up 11:30am
Return 1:30pm
On
WEDNESDAY
2/23/24
Must be signed up
By Thursday
2/8/24**

DAILY LUNCH

Served Promptly at 11:30

\$2

SUGGESTED DONATION

Sign Up 2 days in Advance or
1 Week at a Time

Casino Trip

Wednesday 2/7/24

Sign Up By 2/2/24

Pick up 10:30am
Leaves River 1:30pm

Instructional Pool



By Tyrone

**Mondays
@
12:30pm**

DAILY EXERCISE



**@ 10am
w/ Doug & Video**

5 CENT or NICKEL or 5 CENT



NICKEL POKENO

Game Starts

12:30pm TO 1:30pm

2 Door Prizes, Share the Cash and More!!

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

Food Bank & Senior Food Boxes

SENIOR BOXES

Feb 16th

March 15th

April 19th

Welcome To Steel
Valley Lifespan
Senior Center's
Food Services

DRIVE THRU

Feb 20th

March 19th

April 16th

INDOOR SHOP THRU FOOD PANTRY

1ST MONDAY OF THE MONTH

Feb 5th | March 4th | April 1st

RESERVATION IS REQUIRED

Please call if you can't keep the appointment.

Meeting

ADVISORY COMMITTEE

Thursday 2/22/24 N

REFRESHMENTS AVAILABLE

PAY & SEE SELECTION AT RECEPTION DESK

COFFEE *bottomless* \$1.00

BOTTLED WATER \$1.00

POP \$1.00

CHIPS \$.75

OTHER SNACKS: \$1.00

*Please keep coffee & drink cups
during your stay to minimize waste.*



HAPPY VALENTINES DAY

DUQUESNE UNIVERSITY IS COMING BACK
TO DO HEALTH SCREENINGS WITH A FUN
HEALTH BINGO GAME & HEALTH EDUCATION
EVERY OTHER TUESDAY

Tuesday 2/13/24 @12pm-2pm

Tuesday 2/27/24 @11am-1pm

SO COME ON OUT AND JOIN US
AT STEEL VALLEY
LIFESPAN SENIOR RESOURCE CENTER
530 MILLER AVENUE
CLAIRTON PA 15025
412-233-4847

HOPE TO SEE HERE!!!

**OUR CRAFTS FOR THIS
MONTH
WILL BE VALENTINES DAY CRAFTS WITH MRS. JOANN WELCH STARTING**

KARAOKE EVERY FRIDAY

PENNY POKENO EVERY WEDNESDAY

12:30 pm-1:30pm

(WINNER GETS THE POT)

MEMORY TRIVIA CHALLENGE EVERY TUESDAY

CARD CLUB 12:00pm*

EVERY WEDNDAY, THURSDAY, FRIDAY

UNLESS DATES CHANGE

COMING SOON: IN FEBRUARY 2024

NEW SPEAKERS: State Rep Matthew Gergely

Thursday, February 1, 2024 @ 12noon

AETNA REP: Jane Miller February 21, 2024 10:30am-11:25am

**HOAGIE SALE-STARTS ON Thursday February 1,
throughout the MONTH Ends March 1, 2024**

MONEY BINGO & NICKLE POKENO

Poetry Representation Of Black History

**MEMO: **EVERYONE MUST SIGN IN NO MATTER IF YOU ONLY
HAVE A QUESTION****

**HAPPY BLACK HISTORY MONTH
HAPPY VALENTINES DAY!!!**

Happy Valentine's Day

Love me ...

*Love me in the Springtime, when all is green and new,
Love me in the Summer, when the sky is oh so blue,
Love me in the Autumn, when the leaves are turning brown,
Love me in the Winter, when the snow is falling down.*

*Love me when I'm happy, and even when I'm sad,
Love me when I'm good, or when I'm oh so bad,
Love me when I'm pretty, or if my face is plain,
Love me when I'm feeling good, or when I'm feeling pain.*

*Love me always darlin', in the rain or shining sun,
Love me always darlin', after all is said and done,
Love me always darlin', until all our life is through,
Love me always darlin', for I'll be lovin' you!*

BLACK HISTORY MONTH

"Black trans history is also vitally important to point out to cis Black people, our allies, and our detractors we not only exist, but our lives are part of the kente cloth fabric of the African-American community. We also need to pass this history down so that it serves to inspire the next generation of trans kids who are following in our footsteps and point out Black trans people have a legacy and possibility models they can be proud of."

Monica Roberts

BLACK HISTORY MONTH

At the
CROSSROADS
of

FREEDOM
and
EQUALITY LN

The
**Emancipation
Proclamation
1863**

and the
**MARCH
ON WASHINGTON
1963**



summit path of racial justice.

Now is the time to rise from the dark and desolate valley of segregation to the

Corn Bread
Peach Cobbler

Black History Month

SOUL FOOD COOK OFF

Sweet Tea
Sponsored by: Black History Month Committee 2010

When: Friday February 5, 15:30

Where: Kelley Club

What: Cooking Competition

BBQ Spare Ribs
Show off your Culinary skills!

- Best main dish
- Best side dish
- Best dessert

Remarks: General Ward,
US Africa Commander

Okra
Fried Corn

Prizes will be awarded for each category

REFRESHMENTS WILL BE PROVIDED FOR ALL!!

All welcome to taste the submitted entries
(After the judges have, of course!)

If interested in entering the contest, please contact:
Ms. Nikesha Jackson at 0711-729-4857 or DSN 421-4857.
Entries accepted until Thursday, February 4 @ 1200.

Southern Potato Salad
Macaroni and Cheese

"Strengthening Our Community Through Unity"

Fried Chicken Wings
Red Velvet Cake

