

Irish you a
**Happy
March**

allwording.com

Accredited by
National Institute of
Senior Centers



LifeSpan

Resources and Services for Seniors

MON VALLEY HOURS OF OPERATION

M,T,W,TH,F 8:30 AM TO 4:00 PM (412) 664-5434

4313 WALNUT STREET, McKeesport, PA 15132

JOIN US AT THE

ST. PATRICK'S DAY PARTY

Friday 03/08/24

AT 10:00 AM.

STEEL CLOVER will be

here at 12 PM to play some of your

FAVORITE IRISH SONGS!

\$15.00

Door prizes, gift bags AND MORE!

RSVP and pay by

Tuesday 03/05/24

MENU

APPETIZER

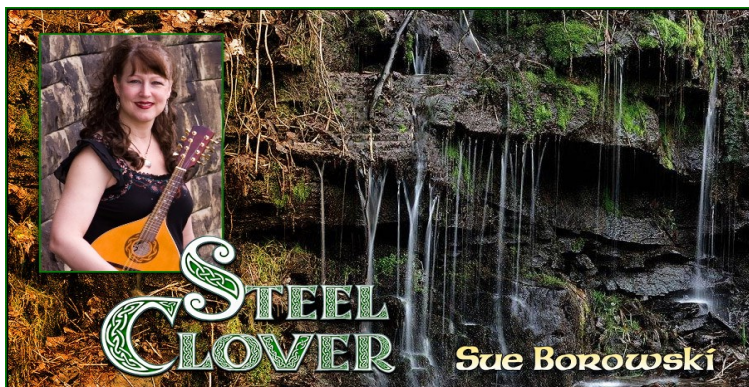
VEGETABLE LASAGNA/GARLIC BREAD

**SIDE SALAD W/TOMATO, CUCUMBERS
AND DRESSING.**

BABY BEETS AND

TIRAMISU

**DOOR PRIZES, GIFT BAGS AND
MORE!**



Every Third
Saturday Of
Each Month



\$25 PACKAGE

INCLUDES

*Lunch & DRINK

*20 REGULAR GAMES

*SPECIALS & JACKPOT



Jackpot-\$500.00

Guaranteed!!!

EXTRA PACKAGES, S PEICIALS
AND

JACKPOTS SOLD SEPERATELY

LUNCH 11:00 AM

BINGO 12:00 PM

DOORS WILL NOT OPEN UNTIL
11:00 AM

FOR YOUR SAFETY FROM THE ELEMENTS,
PLEASE REMAIN IN YOUR CAR

***LET'S GET READY FOR THE
EASTER BUNNY WITH THIS
CRAFT***

***EASTER EGG DIAMOND ART
COASTERS***

SET OF 4 COASTERS FOR \$8

SIGN UP BY 03/15/24

03/22/24 AT 12:30 PM



MAKE PRETZEL SHAMROCKS

WITH AMY ON 03/06/24

AT 12:30 PM

Sign up by 03/01/24

3 for \$5

***Ingredients: 1 bag classic pretzels, 1 bag
of pretzel sticks, 1 bag of
chocolate wafer candy, 1 bag of M&Ms
(All ingredients will be provided)***



MARK YOUR CALENDARS
FOR THESE SPEAKERS

Have you kept your New Year's resolution?

*Clinton Rhodes will be here on
3/11/24 At 11 AM
to discuss 7 ways
to keep your
New Year's resolution*

*Make a Spring
Floral Craft with
Joanne Welch on
03/13/24 at
12:30 PM
Sign up by
03/06/24*

*Come play bingo
with
Pathways Wellness
It's FREE!
03/14/24 AT
10:30 AM*

*Care Comfort Hospice
will be here on
03/15/24 at 10:30 AM
to perform
blood pressure checks
And they always bring
something fun to do!*

*An Allegheny County District
Attorney's Senior Justice
Advocate will be here on
03/18/24 At 10:45 AM
to discuss awareness of
scams, fraud awareness
and Project Life-saver*

*Lisa Sagwitz from
Quality Insights
will be here on
03/28/24
to help with
Healthy Eating
11:00 AM*

CCAC ARTS AND CRAFTS

***WEDNESDAYS
IN MARCH AND APRIL
03/20, 03/27 AND 04/03
12 PM-2 PM***

CCAC TABLE TALKS

***LET' S TALK ABOUT VOLUNTEERING!
03/10 12:30 PM-2 PM***

CCAC TABLE TALKS

***LEGENDARY WOMEN
03/24/24
12:30 PM-2 PM***



***The FOOT DOCTOR
will be here on
03/13/24 at 12:30 PM
Bring your insurance card***

THANK YOU FOR YOUR SUPPORT FOR OUR MON
VALLEY LIFESPAN
ANCHOR HOAGIE FUNDRAISER!
THE FINAL TOTALS ARE IN.
WE SOLD 190 HOAGIES AND RAISED \$475
STAY TUNED FOR OUR NEXT HOAGIE SALE IN
APRIL WITH MANY NEW VARIETIES TO TRY!



We are making

Lime Cream Pies (No-Bake)

On 03/13/24 AT 10 AM

Please Sign up and pay by

03/06/24

\$8 EACH



Ingredients

1 (14 oz.) can [Eagle Brand® Sweetened Condensed Milk](#)

* 1/2 cup lime juice

* green food color

* 1 cup (1/2 pint) whipping cream,
whipped

* (6 oz.) prepared graham

cracker pie crust

Instructions

*STIR together sweetened condensed milk, lime juice, and a few drops of food coloring if desired, in a medium size bowl. Fold in whipped cream. Pour into crust.

*CHILL 3 hours or until set.

Garnish as desired.



RILEY'S POOR HOUSE

215 E. MAIN STREET

CARNEGIE, PA 15106 (412) 279-0770

Newly renovated and revitalized, Riley's Pour House in Carnegie, PA is the gathering place of Irish tradition celebration – excellent Irish fare, Irish entertainment and fine Irish whiskeys and brews.

**RILEY'S POOR HOUSE HAS SOME OF YOUR
FAVORITE IRISH FOODS!**

**SHEPARD'S PIE, REUBEN ROLLS, AND
REUBENS, TOO!**

TAKE A TRIP ON

FRIDAY 03/15/24

SIGN UP BY FRIDAY 03/08/24

CENTER PICK UP 10 AM

PICK UP AT RILEY'S POOR HOUSE 1:30 PM

WILL CALL WITH EXACT TIMES



PIZZA PERK DAY

Thursday 03/21/24

Sign up by Monday 03/18/24

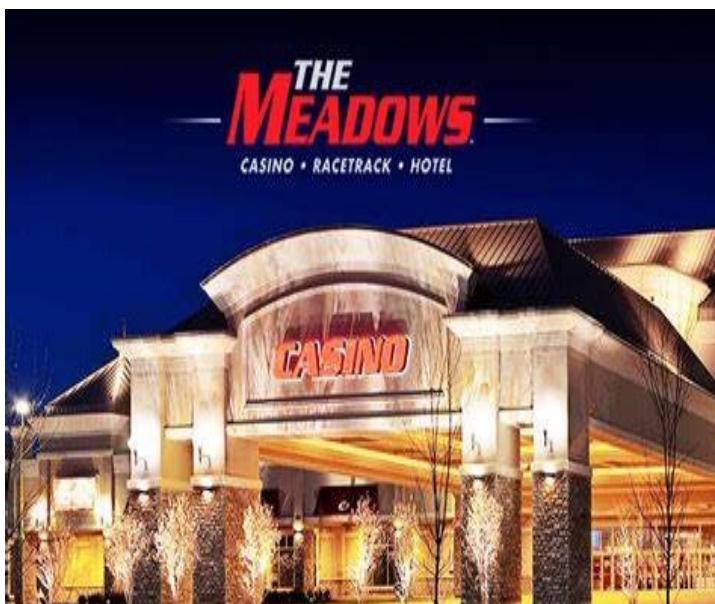
**GET A SLICE OF PIZZA WITH
YOUR PERK CARD**

HOT DOG PERK DAY

Thursday 03/28/24

Sign up by Monday 03/25/24

**GET 2 HOT DOGS WITH YOUR
PERK CARD**



There is a trip to Meadows Casino
on 03/25/24

It's \$24/person

Amore' Limousines is providing
transportation to the casino.

Center pick up is at 9:45 AM

Sign up by 03/15/24

We need a minimum of 10 people



**Every Second & Fourth
Thursday
Of Each Month At 11:00 AM**

ARE YOU INTERESTED IN
VOLUNTEERING TO TEACH
CROCHETING OR KNITTING PLEASE SEE AMY
AT THE CENTER



iStockphoto.com/RUSSELLTATEdotCOM

**Lou will continue to teach
LOOSE WATERCOLOR Paintings in**

Lou's Art Class

Every Tuesday in March

At 12:30 PM

Instructor:

Lou Romanchak



RIVERS CASINO

Trip

Monday 03/25/24

Sign up by

Monday 03/18/24

Women Billiards Instructor

Lead

Mondays 12:30 PM

Be A Part of The Advisory Committee Meeting

Your voice counts! Share your thoughts on...

- Promotional ideas and public awareness.
- Help develop subcommittees.
- Contribute input and feedback.
- Aide with organizational and center development.
- Strategic planning and decision making.
- Comradery
- Attend monthly meetings the Second Wednesday afternoon of each month at 12:00 PM.



MEMBERS ONLY!! QUARTER

BINGO THURSDAYS

Just a Quarter per card!

5 regular games, 2 specials,

1 Jackpot

Regular Bingo

Every Monday, \$5.00 pkg

Members Special Benefits

- Bingo on Monday & Thursday
- Recreation Room/Pool Table
- Computers
- Lending Library
- Informational Speakers
- Wii Bowling
- Free Wi-Fi
- \$.75 unlimited coffee
- Trips Discounts
- Party Discounts
- S.A.I.L. Exercise Program
- Card Clubs
- Sewing Room
- Crafts
- Free monthly Give a ways with perk card

NON MEMBERS PAY additional:

Monday Bingo \$8.00

Thursday Bingo \$3.00

Party \$5.00

NOT ELIGIBLE FOR GIVE A WAYS



PENNY PO-KE-NO

Every Tuesday At 12:15 PM

Limited to 25 people



Join in and have fun with our Mon Valley Seniors, who enjoy playing cards and different games. They are always interested in learning something new!

Seniors play a variety of card games every Tuesday, Wednesday and Friday at Noon.

Tuesdays at 10:30

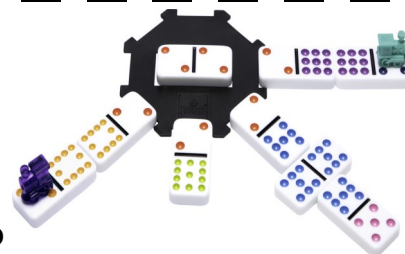


Fridays At 12:00

LCR (dice game) Every Wednesday at Noon



**Domino's
Mexican Train
Come And Join In
Monday's 2:00 Right after Bingo**



Get started

- Turn all of your dominoes facedown and shuffle them on the table. Each player draws 1 tile. Whoever has the highest pip-count (dots) goes first. Return the tiles facedown and shuffle.

Each player should draw dominoes as follows:

If 2-4 players, draw 15 dominoes

- If 5-6 players, draw 12 dominoes
- If 7-8 players, draw 11 dominoes

Stand your dominoes on edge facing you so they're not visible to your opponents. The remaining dominoes become the "boneyard". Play moves clockwise.

Your objective is to play all your dominoes and earn the lowest score across 3 rounds.

Drum Fit Classes

Every Tuesday

10:00 AM to 10:45 AM

CLASSES ARE LIMITED TO TWENTY

FIRST COME FIRST SERVED !!!



**NANCY
WILBURN**

Older adults are a growing population in North America, who require more customized programs that respond to their unique lifestyles and physical abilities and that address their health and wellness treatment and prevention needs .

This is where Drumming comes in!

BENEFITS OF CARDIAC DRUMMING

- Enhances mood, reduces stress, depression & anxiety.**
- Improves cognitive function & memory.**
- Increases range of motion & mobility.**
- Boosts cardiovascular health.**
- Creates greater appreciation for fitness & health**



Stay Active & Independent for Life (SAIL)

SAIL PROGRAM

(Stay Active and Independent for Life)

Every Monday and Thursday

at 10:00 to 10:45

NEW!

CERTIFIED INSTRUCTOR

Exercise Routines!!




PROGRAM APPROVED BY THE NATIONAL COUNCIL OF AGING

**This program is specifically designed for the seniors who attend the
Mon Valley Center**

Work out with and without chairs, using exercise balls and weights.

The program is designed to help you balance & strengthen muscles.

**This class is designed to have fun, while working out with the
assistance of Amy. We will ensure that the exercise
techniques are done correctly. You will be provided a booklet to track your
monthly progress. You will benefit by building a
stronger you!!!**

Mon	Tue	Wed	Thu	Fri
	<p>March 10, 2024</p> 			
<p>4 Beef Stroganoff (1 Cup) 1/2 C Cauliflower 1/2 C Peas 1/2 C Buttered Rotini Pound Cake w/Strawberries Cal 745</p>	<p>5 BBQ Turkey Flatbread (Flatbread w/2 Oz. Turkey/1 Oz Cheese) 1/2 C Potato Salad 1/2 C Fresh Cantaloupe Cal 669</p>	<p>6 Meatloaf w/Gravy (1 slice) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Banana Bread Cal 736</p>	<p>7 Chicken Cordon Bleu 1/2 C Carrots 1 C Buttered Squash Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 947</p>	<p>1 Spanakopita Egg White Casserole (1 pc/8 oz.) 1/2 C Breakfast Potatoes 1/2 C Peppers & Onions WG Biscuit, Ketchup 1/2 C Fresh Fruit Salad</p> <p>8 Cheese Ravioli Alfredo (3 Ravioli) 1/2 C Broccoli 1 C Side Salad w/Dressing WW Bread w/Margarine 1/2 C Vanilla Pudding Cal 625</p>
<p>11 Pulled Pork Sandwich (1/2 C Pulled Pork & WW Sandwich Roll) 1/2 C Coleslaw Cal 684 1/2 C Chuckwagon Corn 1/2 C Fresh Cantaloupe</p>	<p>12 Chicken BLT Salad (3/4 C Diced Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine 1/2 C Fresh Fruit Salad</p>	<p>13 Penne w/Meatballs (1/2 C Penne w/Marinara Sauce & 2 Meatballs) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Jello Cal 712</p>	<p>14 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</p>	<p>15 Vegetable Lasagna (1 Piece/8 Oz) 1/2 C Carrots 1/2 C Cauliflower WW Bread w/Margarine 1/2 C Greek Yogurt Cal 696</p>
<p>18 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</p>	<p>19 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C Broccoli Slaw 1/2 C Fresh Grapes Cal 712</p>	<p>20 Penne w/Alfredo Sauce (1/2 Cup) 1/2 C Mediterranean Vegetable Blend Fresh Orange Cal 720</p>	<p>21 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</p>	<p>22 Cheese Ravioli w/Sauce (3 Ravioli) 1 C Buttered Winter Vegetable Blend WW Bread w/Margarine 1/2 C Mandarin Oranges Cal 628</p>
<p>25 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</p>	<p>26 Italian Sub (1/4 Sub Roll w/3 Oz. Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple Cal 627</p>	<p>27 BIRTHDAY MENU Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 C Creamy Spinach Orzo Pasta 1/2 C Diced Mango Sugar Cookie Cal 720</p>	<p>28 Petite Tenderloin Medallions Au Jus (3 Oz. Beef) 1/2 C Mashed Potatoes 1/2 C Beets WW Bread w/Margarine Fresh Pear Chocolate Chip Cookie Cal 790</p>	<p>29 GOOD FRIDAY Mojo Marinated Cod Fillet 1/2 C Coleslaw 1/2 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Clementine Cal 687</p>