



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



**RESTORATION &  
RELAXATION:**

Mondays, 10:00am-11:00am

**SENIOR COMPANION PROGRAM**

Monday, April 1 @ 11am

**ADVISORY COUNCIL MEETING**

Wednesday, April 10 @ 10am

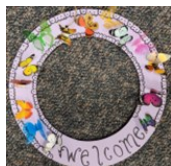
**BLOOD PRESSURE TESTING:**

Tuesday, April 16  
from 10:00am - 11:30am  
Sign up by 4/11

**NEW! SIGN LANGUAGE CLASS**

Thursdays, 2:30pm-3:30pm  
[Beginning Thursday, 4/18]  
*Please let us know if you are attending.*

**ARTS & CRAFTS:  
BUTTERFLY WREATH**



Friday, April 12 - 9:30am-11am  
FREE! Sign up by 4/8. Limited sign-ups.  
Limited sign-ups!

**LUNCH OUTING:**



Settler's Ridge, Robinson Township  
Tuesday, April 16 at 11:30am  
Sign up by 4/12  
Need a ride with ACCESS? Let us know by 4/8  
[Must be registered w/ACCESS/OPT]

**NOTE: PROGRAMS & ACTIVITIES**

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

## **RESTORATION & RELAXATION!**

**Mondays @ 10:00am**

**STRENGTH/ BALANCE EXERCISE: Tuesdays @ 10am**

**LINE DANCE: Wednesdays @ 9am**



**KNIT & CROCHET: Wednesdays @ 1pm**

**OPERA CLASS: Wednesdays @ 3pm**

Learn some unique facts and storylines about upcoming operas.

## **TECH TUTORING**

**Wednesday, April 24 [ Individual 1/2 hour sessions @ 1, 1:30, 2, 2:30pm ]**

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

**Sign-up in advance is required.**

**GERMAN: Thursdays @ 10:30am**

Learn the language & interesting facts about the culture of the country!

**SPANISH: Thursdays @ 12:30pm**

**NEW! SIGN LANGUAGE: Thursdays, 2:30pm-3:30pm**

**Beginning April 18**

# 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

Try to bring \$1 bills. \$20 bills not accepted.



**BRIDGE** Mondays at noon



**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:

### APRIL is NATIONAL VOLUNTEER MONTH!

Please share your time to keep our senior center running smoothly! We really, really need you!



A special THANK YOU to our volunteers!

We simply can't do it without you! You're the best!!!

### LUNCH is served M-F at 11:30am!

[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.

### 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.**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7</p> 	<p>1 Chicken Alfredo 1/2 C. Normandy Veggie Blend 1/2 C. Buttered Penne 1/2 C. Apple Slices Chocolate Chip Cookie Cal 610</p>	<p>2 Classic Cobb Salad (3 Oz. Chicken) 1 C. Salad Greens w/ dressing WW Bread w/Margarine Fresh Orange Cal 629</p>	<p>3 Firehouse Chili 1/2 C. Broccoli 1/2 C. Carrots WW Bread w/Margarine 1/2 C. Cantaloupe 1 Pk. Saltine Crackers Cal 653</p>	<p>4 <b>BirthDay Menu</b> 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 Little Debbie Cal 672</p>	<p>5 Sausage &amp; Peppers (4 Oz. Sausage link w/ Tomato Sauce) 1/2 C. Diced Potatoes 1/2 C. Peppers &amp; Onions WG Hot Dog Roll Cal 821 1/2 C. Fresh Fruit Salad</p> 	<p>6</p>
<p>14</p> 	<p>8 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>9 BBQ Turkey Flatbread (Flatbread w/2 Oz. Turkey, 1 Oz. Cheese) 1/2 C. Potato Salad 1/2 C. Fresh Cantaloupe Cal 696</p>	<p>10 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>11 Chicken Cordon Bleu 1/2 C. Carrots 1 C. Butternut Squash Soup WW Bread w/Margarine 1/2 C. Strawberry Banana Applesauce Cal 947</p> 	<p>12 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>13</p>
<p>21</p> 	<p>15 Pulled Pork Sandwich (1/2 C. pulled pork w/WW sandwich roll) 1/2 C. Coleslaw 1/2 C. Churwagon Corn 1/2 C. Fresh Cantaloupe Cal 684</p>	<p>16 Chicken BLT Salad (3/4C. Diced Chicken) 1 C. Sal Greens w/ Dressing WW Bread 1/2 C. Fresh Fruit Salad Cal 696</p>	<p>17 Penne w/Meatballs (1/2 C. Penne w/ Marmara Sauce &amp; 2 Meatballs) 1/2 C. Broccoli 1 C. Side Salad w/ Dressing 1/2 C. Jello Cal 712</p>	<p>18 Orange Chicken (3/8 C. Diced Chicken) 1/2 C. Stir Fry Vegetables 1/2 C. Vegetable Fried Rice WW Bread w/Margarine 1/2 C. Diced Pineapple Cal 676</p> 	<p>19 Vegetable Lasagna (1 Pc./8 Oz.) 1/2 C. Carrots 1/2 C. Cauliflower WW Bread w/Margarine 1/2 C. Greek Yoghurt Cal 696</p>	<p>20</p>
<p>28</p> 	<p>22 Pub Steakburger (1 beef patty, 1 slice cheese &amp; WW Roll) 1/2 C. Broccoli w/Dip 1/2 C. Stuffed Pepper Soup 1/2 C. Chocolate Pudding Cal 897</p>	<p>23 Ham Salad Sandwich (WW Sandwich Roll &amp; 5 Oz. Ham Salad) 1/2 C. Broccoli Slaw 1/2 C. Fresh Grapes Cal 712</p>	<p>24 Penne w/Alfredo Sauce (1/2 C. Penne) 1/2 C. Mediterranean Vegetable Blend Fresh Orange</p>	<p>25 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>26 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>27</p>
<p>29</p> 	<p>29 Stuffed Pepper (1 Pepper w/Sauce) 1/2 C. Steamed Broccoli 1/2 C. Roasted Red Peppers WW Bread w/Margarine Pound Cake Cal 712</p>	<p>30 Italian Sub (1/4 Sub Roll w/3 Oz. Meat &amp; Cheese) 1 C. Tossed Salad w/ Dressing Fresh Apple Cal 627</p>	