

# LifeSpan

Resources and Services for Seniors

Accredited by



National Institute of Senior Centers



MON VALLEY HOURS OF OPERATION

M, T, W, TH, F 8:30AM TO

4:00PM

(412) 664-5434

4313 WALNUT STREET

McKeesport, PA 15132



**WEAR YOUR  
FAVORITE PAIR  
OF  
PAJAMAS  
DOOR PRIZES,  
TREAT BAGS  
AND MORE!**

**JOIN US FOR A  
PAJAMA/VENTRILOQUIST PARTY ON  
FRIDAY 04/12/24 \$15 PAY BY  
04/04/24**

**LUNCH WILL BE SERVED  
AT 11AM.  
APPETIZER  
CHICKEN MARSALA, BOILED  
NEW POTATOES,  
VEGETABLE MEDLEY, WHOLE  
WHEAT BREAD  
W/ MARGARINE  
AND STRAWBERRIES  
COFFEE AND TEA TOO!**

**VENTRILOQUIST  
CINDY SPECK  
WILL  
PERFORM AT 12PM**



**ATTENTION!**



*TICKETS ARE ON SALE NOW FOR OUR  
MOTHER'S DAY BREAKFAST BUFFET!*

*JOIN US FRIDAY 05/10/24*

*AT 11:00 AM*

*FOR A DELICIOUS BUFFET OF  
EGGS, BACON, BISCUITS W/GRAVY,  
ENGLISH MUFFINS, W/BUTTER OR*

*JELLY,*

*ASSORTED DONUTS, MUFFINS AND  
FRUIT.*

*COFFEE, TEA AND JUICE, TOO!*

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

**CHUCK CORBY AND  
THE COMMUNICATORS  
WILL BE HERE TO  
PERFORM SOME OF  
YOUR  
FAVORITE SONGS AT  
12 PM!**

## COOKIE DOUGH DIP (YUMMMM)

*COOKIE DOUGH DIP IS SMOOTH, CREAMY AND SPECKLED WITH AS MANY CHOCOLATE CHIPS AS YOUR HEART DESIRES! BASICALLY, THIS ADDICTIVE DIP TAKES EVERYTHING YOU LOVE ABOUT COOKIE DOUGH AND MAKES IT EASY TO SCOOP WITH PRETZELS, GRAHAM CRACKERS, OR ANYTHING YOU LIKE. AND, IT'S EGG-FREE AND SAFE TO EAT!*



### INGREDIENTS:

- 1) 1/2 CUP UNSALTED BUTTER (ROOM TEMPERATURE)
- 2) 8 OUNCES CREAM CHEESE (ROOM TEMPERATURE)
- 3) 1/4 CUP POWDERED SUGAR
- 4) 1 TEASPOON PURE VANILLA EXTRACT
- 5) 1/4 TEASPOON KOSHER SALT
- 6) 1 CUP SEMISWEET MINI CHOCOLATE CHIPS

### INSTRUCTIONS:

- 1) In a bowl beat the butter, cream cheese, sugar, vanilla, and salt on low until smooth, about 2-4 minutes.
- 2) Fold in the chocolate chips until evenly distributed in the dip.
- 3) Serve with dippers like pretzels, green apples or graham crackers, waffle cones, or get really wild and try a sweet and salty combo with corn chip dippers!
- 4) You can store chocolate chip cookie dough in an airtight container in the refrigerator for up to 3 days or in the freezer for up to 3 months.

**MAKE THIS YUMMY DIP WITH AMY ON**

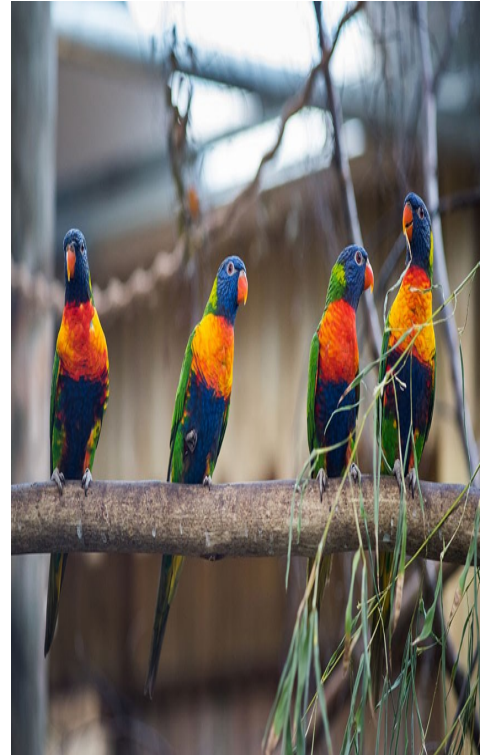
**04/26/24 AT 12:30 PM**

**\$5**

**SIGN UP AND PAY BY 04/19/24**



**TAKE A TRIP TO THE AVIARY**  
**WEDNESDAY 06/12/24**  
**INCLUDES A TOUR NOT LEAD BY A**  
**GUIDE. GENERAL**  
**ADMISSION, A BIRD SHOW AND**  
**A LEARNING PROGRAM WITH AN**  
**AMBASSADOR ANIMAL.**  
**\$19 /A PERSON**  
**SIGN UP AND PAY**  
**BY 05/16/24**  
**CENTER PICK UP 9:00AM**  
**PICK UP AT THE AVIARY 2PM**



**WOULD YOU LIKE TO GO TO A RESTAURANT WITH MORE THAN 250 ITEMS ON THE MENU?**

**THE CHEESECAKE FACTORY IS THE PLACE TO GO!**

**HAVE A DELICIOUS MEMORABLE MEAL WITH FRESH INGREDIENTS MADE BY A TALENTED TEAM THAT HAND CRAFTS EACH ITEM.**

**WEDNESDAY 04/17/24**

**SIGN UP BY 04/10/24**

**CENTER PICK UP 10:30AM**

**PICK UP AT THE CHEESECAKE FACTORY 1:00 PM WILL CALL WITH EXACT TIMES**

**MARK YOUR CALENDARS  
FOR THESE SPEAKERS**

Gary is an  
Independent Broker  
And will be here to answer  
your questions about  
Medicare options.  
04/01/24 at 11 AM

**CCAC ARTS AND  
CRAFTS**

04/03/24  
12PM-2PM  
COME MAKE  
SOMETHING CREATIVE

**CCAC TABLE  
TALKS**

LET'S TALK ABOUT  
VOLUNTEERING!  
04/10/24  
12:30PM-2PM



**The FOOT DOCTOR**

will be here on  
04/10/24 at 12:30 PM  
Bring your insurance card

WE ARE GOING TO BE  
TALKING ABOUT  
BULLYING  
IN OUR CENTER.  
MARK YOUR CALENDARS  
AND BE HERE!

ON  
04/15/24 10:45 AM

**KHADIJAH IS BACK!**

SHE WILL BE  
DISCUSSING  
COMMUNITY  
RESOURCES WITH  
YOU ON 04/18/24  
AT 11 AM

**Care Comfort**

Hospice will be here  
on 04/22/24 at  
10:30 AM  
to perform  
blood pressure  
checks and  
they will be doing  
something fun with  
fitness to help keep  
you active!

**CCAC TABLE  
TALKS**

LEGENDARY  
WOMEN  
04/24/24  
12:30PM-2PM

**RYAN SWEENEY  
WILL BE HERE ON  
04/25/24 AT 10:45 AM  
TO DISCUSS A NEW  
DEVICE FOR CHRONIC  
LOWER BACK PAIN AND  
NEUROPATHY. YOU  
DON'T WANT TO MISS  
THIS!**



# **LIONS, TIGERS AND BEARS, OH MY! LET'S GO TO THE ZOO!**

**UMPC FOR LIFE members and one guest of any age can receive FREE admission to the Pittsburgh Zoo & Aquarium on  
05/01/24**

**Members and guests must arrive between 8AM and 10AM to receive FREE admission. Please have your UMPC FOR LIFE ID card ready to show at the admission gates.**

**Sign up by 04/24/24**



**MARK YOUR CALENDARS! SAVE THE DATE!**

**WE ARE HAVING A MEMORIAL DAY PARTY ON  
05/24/24 DETAILS TO COME!**

**MAKE SURE TO GET A COPY OF THE MAY  
NEWSLETTER FOR DETAILS!**





A decorative border of musical notation, including treble clefs, staves, and various notes, framing the central text.

ENJOY A FREE PERFORMANCE FROM  
MCKEESPORT'S ACAPELLA CHOIR  
AND SHOW CHOIR  
ON 04/30/24 AT 12PM.  
ENJOY A LIGHT SNACK AND  
REFRESHMENT, TOO!







# CROCHETING AND KNITTING CLUB

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

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



**FREE**

**Join  
Lou's Art Class and learn to draw  
Every Tuesday in APRIL  
04/02, 04/09, 04/16, 04/23, 04/30  
At 12:30PM  
Instructor:  
Lou Romanchak**



Every Third  
Saturday Of  
Each Month



\$25 PACKAGE

INCLUDES

\*Lunch & DRINK

\*20 REGULAR  
GAMES

\*SPECIALS &  
JACKPOT



**Jackpot-\$500.00**

**Guaranteed!!!**

EXTRA PACKAGES,  
SPECIALS AND  
JACKPOTS SOLD  
SEPERATELY

**LUNCH 11:00AM**

**BINGO 12:00PM**

DOORS WILL NOT OPEN  
UNTIL 11:00AM

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



MEMBERS ONLY!! QUARTER

BINGO THURSDAYS

Just a Quarter per card!

5 regular games, 2 specials,

1 Jackpot

Regular Bingo

Every Monday, \$5.00 pkg



**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**



**LCR (dice game) Every Wednesday at Noon**

**Fridays At 12:00**



**Domino's  
 Mexican Train  
 Come And Join In**



**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.



# Stay Active & Independent for Life (SAIL)

## SAIL PROGRAM

Every Monday and Thursday

at 10:00 to 10:45

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!!!

**DRUMMING WITH**

**NANCY WILBURN**

**NEW ROUTINES EVERY WEEK!**

**JOIN US EVERY TUESDAY**

**10:00 AM TO 10:45 AM**





## RIVERS CASINO

Trip

Monday 04/29/24

Sign up by

Monday 04/22/24

### Women Billiards Instructor

Lead

Mondays 12:30pm

### 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 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

## ACADEMY OF PODIATRY

WILL BE COMING TO LIFESPAN THE 2ND WEDNESDAY OF EVERY MONTH, AT 12:30 PM.

PROVIDING ON SITE FOOT CARE











(NAIL TRIMMING, CALLOUSES, INGROWNS, AND MORE!)

You will need your insurance card, as we do bill insurances. You may be responsible for copay/co insurance/deductible depending on your plan.

Insurances cover every 60 days for nail care.

If you wish to be seen before the 60 days, you may self pay.



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 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. Chickwagon Corn 1/2 C Fresh Cantaloupe Cal 684</p>	<p>16 Chicken BLT Sandwich (3/4C. Diced Chicken) 1 C. Salad Greens w/ Dressing WW Bread Cal 696 1/2 C. Fresh Fruit Salad</p>	<p>17 Penne w/Meatballs (1/2 C. Penne w/ Marinara 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 Pk. 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 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>					<p>28</p>