



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 DAY

MARCH BABIES

Tuesday 3/19/24

Cost IS \$7.00

*CUP Cakes, Treat Bag,
And Special Beverage!!*

MUST BE SIGNED

UP & PAID BY

TUESDAY 3/12/24

The Center will be open:

Good Friday 3/29/24

Easter Monday 4/1/24

Not an April Fools Joke



2 FISH FRY TRIPS

Friday 3/8/24

@11:30am

Friday 3/29/24

@11:00am

Sign Up by 3/20/24



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 3/6/24

Sign Up By 3/1/24

Pick up 10:30 am

Perk Day

Thursday 3/21/24

Free Pumpkin Pie

Must Be Signed up by

Friday 3/15/24

Duquesne University

Health Screen & Bingo

Tuesday 3/12/24

12pm-2pm

Health Education

Tuesday 3/26/24

11am-1pm

OUT TO LUNCH BUNCH

Watami Hibachi Steak House

Thursday 3/14/24

Sign Up By 3/7/24

Pick Up 11:45 am

Return 1:15 pm

DAILY EXERCISE



10 AM



Instructional Pool

By Tyrone

5 CENT or NICKEL or 5 CENT



NICKEL POKENO

Game Starts

12:30 TO 1:30

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

March 15th

April 19th

May 9th

Welcome To Steel
Valley Lifespan
Senior Center's
Food Services

DRIVE THRU

March 19th

April 16th

May 21st

INDOOR SHOP THRU FOOD PANTRY

1ST MONDAY OF THE MONTH

March 4th | April 1st | May 6th

RESERVATION IS REQUIRED

Please call if you can't keep the appointment.

Meeting

EDUCATION

N

ADVISORY COMMITTEE

Thursday 2/22/24



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.*

DUQUESNE UNIVERSITY HAS STARTED BACK
BECAUSE THEY HAVE A HEART OF GOLD

SO THIS IS WHAT THEY DO
“HEALTH SCREENINGS WITH A FUN HEALTH”
BINGO GAME & HEALTH EDUCATION
{EVERY OTHER TUESDAY}

HERE IS THE LUCKY DATES FOR MARCH
Tuesday 3/12/24 Health Screening 12pm-2pm— Bingo
Tuesday 3/26/24 Health Education 11am-1pm

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



OUR CRAFTS FOR THIS MONTH

Will be with Jean Napicek and Joann Welsh

**1.Dye Easter Eggs 2 St Patrick Day Craft 3. Special
Date to Be Announced**

**PENNY POKENO EVERY WEDNESDAY (WINNER GETS
THE POT)**

**NICKLE POKENO EVERY FRIDAY (WINNER GETS
POT)**

MEMORY TRIVIA CHALLENGE

Every Other Tuesday 3/5/2024 & 3/26/2024

CARD CLUB 12:00 PM*

**(Every Other Tues 3/5/ & 3/26) THURSDAY, FRI-
DAY UNLESS DATES CHANGE**

COMING SOON: IN MARCH 2024

NEW SPEAKERS: Care Management = To Be Announced

**[HOAGIE SALE-STARTS ON Friday March 1, 2024 throughout
the MONTH Ends On Wednesday April 3, 2024]**

MONEY BINGO To Be Announced



March 8th International Women's Day



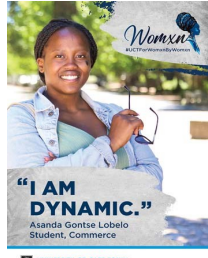
Jehan Begg
Staff, Properties and Services

UNIVERSITY OF CAPE TOWN



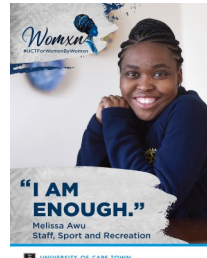
Ibtsaam Mathews
Staff, Development and Alumni

UNIVERSITY OF CAPE TOWN



Asanda Gontse Lobelo
Student, Commerce

UNIVERSITY OF CAPE TOWN



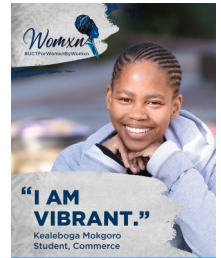
Melissa Awu
Staff, Sport and Recreation

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Rushda Petersen
Student, Commerce

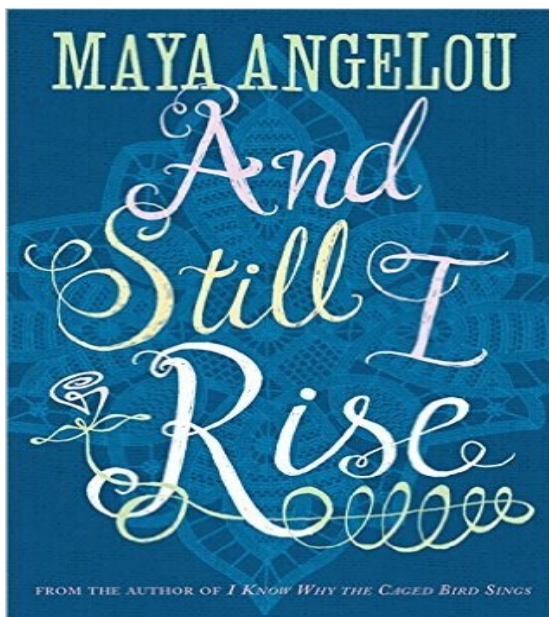
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Kealebogae Mokgoro
Student, Commerce

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These young ladies are inspirations
of why we celebrate our women of
today.





One Icon of the Irish Holiday is the Leprechaun

Who is the small bodied fellow who makes it a fun celebration.



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 Butternut 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>11 Pulled Pork Sandwich (1/2 C Pulled Pork & WW Sandwich Roll) 1/2 C Coleslaw Cal 684 1/2 C Chukwagon 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>