

# LifeSpan

Resources and Services for Seniors



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Accredited by   
National Institute of  
Senior Centers

MON VALLEY HOURS OF OPERATION

Monday-Friday 8:30 AM TO 4:00 PM

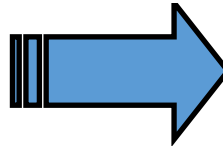
(412) 664-5434

4313 WALNUT STREET McKeesport, PA 15132

LET'S KICK OFF THE UNOFFICIAL  
START OF SUMMER  
WITH A MEMORIAL DAY PARTY  
ON 05/24/24

KIM AND DARYL WILL BE HERE  
TO  
PERFORM

AT 12 PM SIGN UP AND PAY BY  
05/16/24 \$15



LUNCH WILL BE SERVED AT 11 AM  
FOR THE MEMORIAL DAY PARTY ON  
05/24/24

DOOR PRIZES, TREAT BAGS AND  
MORE!

MENU

APPETIZER

BBQ PORK CHOP

SALAD, BAKED BEANS AND  
DESSERT, COFFEE AND TEA, TOO

**SOLD OUT**

THANK YOU FOR MAKING  
THIS PARTY A SELL-OUT!

THE LUAU THEMED  
MOTHER'S DAY BREAKFAST BUFFET IS SOLD OUT!

IF YOU BOUGHT A TICKET SEE YOU ON  
FRIDAY 05/10/24 AT 11:00 AM

FOR A DELICIOUS BUFFET OF EGGS, BACON, BIS-  
CUITS 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 ON  
05/10/24 TO**

**PERFORM SOME OF YOUR  
FAVORITE SONGS AT  
12 PM**



GARY AN INDEPENDENT  
MEDICARE BROKER WILL  
BE HERE ON 05/02/24  
AT 11 AM  
TO ANSWER ANY  
QUESTIONS YOU HAVE  
ABOUT YOUR MEDICARE  
PLAN OR ANY PLAN

**MARK YOUR CALENDARS  
FOR THESE SPEAKERS**

CLINTON RHODES WILL BE  
HERE ON 05/06/24 AT  
10:45 AM

SPEAKING ON  
"TAKING CHARGE OF YOUR  
HEALTH"

WANT TO LEARN ABOUT  
MEDICARE BENEFITS TO  
HELP YOU WITH  
EVERYDAY LIVING?

SEAN FROM MEDI-CONNECT  
WILL BE HERE ON  
05/13/24 AT 10:45 AM



*The FOOT*

*DOCTOR*

*will be here on*

*05/08/24 at 12:30PM Bring*

*your insurance card*

SHIRLEY FROM  
AMEDISYS WILL BE  
HERE ON 05/09/24  
AT 10:45 AM  
WITH INFORMATION  
ON  
HOME /HOSPICE  
CARE

CARE COMFORT HOSPICE  
WILL BE HERE ON  
05/20/24 AT 10:30 AM  
TO PERFORM  
BLOOD PRESSURE CHECKS  
AND THEY ALWAYS BRING  
SOMETHING FUN TO DO!

**MUST  
SEE**

"LEARNING OUR  
BOUNDARIES"

JOIN US FOR A

PRESENTATION ON

BULLYING AND BEING KIND TO



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.

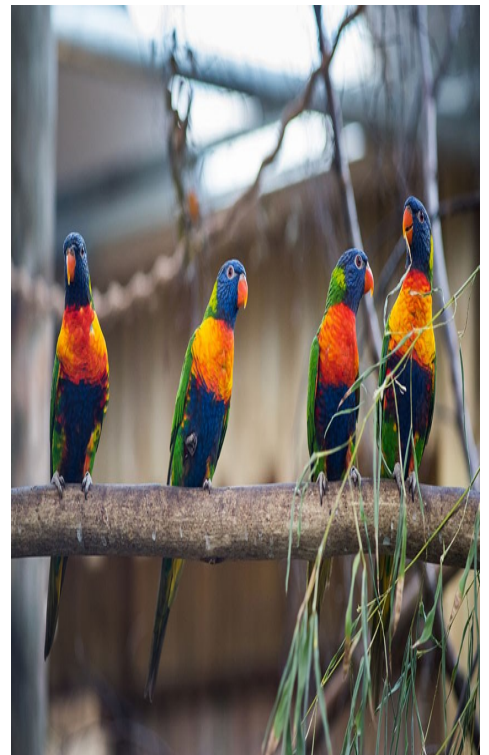
\$19 /A PERSON

SIGN UP AND PAY

BY 05/16/24

CENTER PICK UP 9:00 AM

PICK UP AT THE AVIARY 2 PM





COME CELEBRATE OLDER AMERICANS  
MONTH AT OUR

MON VALLEY OPEN HOUSE!

JOIN US ON

WEDNESDAY MAY 15, 2024

10 AM-2 PM

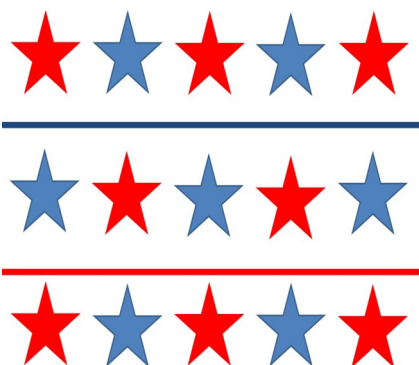
LIVE PERFORMANCE BY

MIKEY DEE FROM 11 AM- 1 PM.

FUN, FOOD, REFRESHMENTS,  
SPECIAL GUESTS, INFORMATIONAL  
BOOTHs AND SO MUCH MORE!

HOPE TO SEE YOU HERE!





BE HERE ON 05/21/24  
FOR A FREE CONCERT  
FROM THE SOUTH ALLEGHENY  
ACAPELLA CHOIR AT 12 PM



CCAC WILL BE HERE  
ON  
05/07/24 AT 12 PM  
TO MAKE COFFE FILTER  
FLOWERS

MAKE A PATRIOTIC/  
SUMMER  
CRAFT WITH  
JOANN WELCH  
ON 05/29/24  
SIGN UP BY 05/22/24



**REVISITED**

DID YOU MISS THE RESTAURANT  
TRIP TO THE CHEESECAKE FACTORY  
LAST MONTH?

HERE IS YOUR CHANCE TO GO  
AGAIN.

OUR GROUP HAD A GREAT TIME  
LAST MONTH SO WE ARE GOING TO  
REVISIT THE RESTAURANT THIS  
MONTH!

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.

FRIDAY 05/17/24 SIGN UP BY 05/10/24

CENTER PICK UP 10:30 AM

PICK UP AT THE CHEESECAKE FACTORY  
1:30 PM WILL CALL WITH EXACT TIMES



**LET'S GO BUGS**

**WE ARE GOING TO THE PIRATE  
GAME ON WEDNESDAY 07/24/24**

**12:35 PM GAME \$35**

**SECTION 129/ADA SEATING WITH  
A \$10 LOADED VALUE PER TICKET  
FOR FOOD.**

**SIGN UP AND PAY BY  
07/03/24**



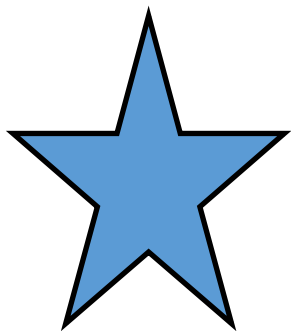
**HAPPY MEMORIAL DAY**

**THE MON VALLEY LIFESPAN WILL BE  
CLOSED ON**

**MONDAY 05/27/24**

**IN OBSERVANCE OF MEMORIAL DAY  
WE WILL RESUME NORMAL HOURS  
ON**

**TUESDAY 05/28/24 AT 8:30 AM**





REMINDER  
HOAGIE PICK UP  
IS  
TUESDAY 05/07/24  
at 12 PM

CRAFT DAY

WE ARE MAKING A MOTHER'S DAY  
CRAFT ON 05/03/24 AT 12:30 PM

WE WILL PAINT A CERAMIC BOOT  
AND ADD FLOWERS AND AN  
UMBRELLA FOR DECORATION.

SIGN UP AND PAY BY  
05/01/24 \$8 EACH



JUST LIKE HOME...ONLY BETTER

OUR MAY RESTAURANT TRIP IS

THE CARRIAGE INN

WEDNESDAY 05/08/24

CENTER PICK UP 10:30 AM

CARRIAGE INN PICK UP 1:00 PM

WILL CALL WITH PICK UP TIMES





**LEARN TO LINE DANCE**  
**BY VIDEO INSTRUCTION**  
with Claudette Biers!  
We will meet in the  
back room on  
Wednesday  
05/01, 05/22, 05/29 from  
1 PM – 1:45 PM

**CHAIR EXERCISE**

GRAB A CHAIR IN THE DINING  
AREA IN FRONT OF THE TV AND  
LET'S GET

MOVING IN OUR CHAIRS!

WEDNESDAY

05/01, 05/08, 05/22, 05/29 AND

FRIDAY

05/03, 05/17, 05/31



**PERK DAY**

CELEBRATE

NATIONAL VANILLA PUDDING DAY

ON 05/22/24

WITH A BOWL OF VANILLA PUDDING

WITH YOUR PERK CARD

SIGN UP BY 05/16/24

**PERK DAY**

PIZZA HUT PIZZA DAY  
WITH YOUR PERK CARD

05/31/24

SIGN UP BY 05/23/24



## RIVERS CASINO

Trip

Monday 05/20/24

Sign up by

Monday 05/13/24

### 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.



# CROCHETING AND KNITTING CLUB



**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



**FREE**

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**Join  
Lou's Art Class  
Every Tuesday in MAY  
05/07, 05/14, 05/21, 05/28  
At 12:30 pm  
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 11:15AM**

**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



# 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 Roseanne and 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





**PENNY PO-KE-NO**  
**Every Tuesday At**  
**12:15 pm**

**DO YOU WANT TO PLAY**  
**5 CROWNS OR 500 BID OR**  
**PINNACLE**  
**SEE AMY. THERE ARE OTHERS THAT**  
**WANT TO PLAY, TOO!**

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.



**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.


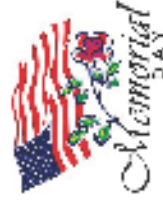
Each player should draw dominoes as follows:

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.

Mon	Tue	Wed	Thu	Fri
 <p><b>6 Chicken Alfredo</b> (1 Chicken Breast) 1 C. Normandy Veggie Blend 1/2 C. Buttered Penne 1/2 C. Apple Slices Cal 610 Chocolate Chip Cookie</p>	<p><b>7 Firehouse Chili</b> (1 C. Chili) 1/2 C. Broccoli 1/2 C. Carrots 1/2 C. Cantaloupe Cal 656 1 pk. Saltine Crackers WW Bread w/Margarine</p>	<p><b>1 Broccoli &amp; Cheese Stuffed Chicken</b> (1 Chicken Breast) 1/2 C. Wax Beans 1/2 C. Creamy Spinach Orzo 1/2 C. Diced Mango Sugar Cookie Cal 720</p>	<p><b>2 Petite Tenderloin Medallions Au Jus</b> (3 oz. Beef) 1/2 C. Mashed Potatoes 1/2 C. Beets Fresh Pear Chocolate Chip Cookie Cal 790</p>	<p><b>3 Mojo Marinated Cod Fillet</b> (1 Cod Fillet) 1/2 C. Coleslaw 1 C. Corn &amp; Sweet Potato Soup 1/2 C. Cilantro Lime Brown Rice Fresh Clementine Cal 687</p>
<p><b>13 Beef Stroganoff</b> (1 Cup) 1/2 C. Cauliflower 1/2 C. Peas Cal 727 1/2 C. Buttered Rotini Pound Cake w/Strawberries</p>	<p><b>14 Meatloaf w/Gravy</b> (1 Slice) 1/2 C. Mashed Potatoes 1/2 C. Green Beans Banana Bread Cal 736 WW Bread w/Margarine</p>	<p><b>8 Classic Cobb Salad</b> (3 Oz. Chicken) 1 C. Salad Greens Fresh Orange WW Bread w/Margarine Cal 629</p>	<p><b>9 Stuffed Cabbage Roll</b> (1 Cabbage Roll) 1/2 C. Mashed Potatoes 1/2 C. Green Beans 1/2 C. Greek Yogurt Cal 619 WW Bread w/Margarine</p>	<p><b>10 Sausage &amp; Peppers</b> (4 sausage links w/tomato sauce) 1/2 C. Diced Potatoes 1/2 C. Peppers &amp; Onions WG Hot Dog Roll Cal 861 1/2 C. Fresh Fruit Salad</p>
<p><b>20 Pulled Pork Sandwich</b> (1/2 C. Pulled Pork &amp; WW Sandwich Roll) Cal 684 1/2 C. Coleslaw 1/2 C. Chuckwagon Corn 1/2 C. Fresh Cantaloupe</p>	<p><b>21 Penne w/Meatballs</b> (1/2 C. Penne w/Marinara &amp; 2 Meatballs) 1/2 C. Broccoli 1 C. Side Salad w Dressing 1/2 C. Jello Cal 712</p>	<p><b>15 BBQ Turkey Flatbread</b> (Flatbread w/2 Oz. Turkey and 1 Oz. Cheese) 1/2 C. Potato Salad 1/2 C. Fresh Cantaloupe Cal 669</p>	<p><b>16 Chicken Cordon Bleu</b> (3/4 C. Diced Chicken) 1/2 C. Carrots 1 C. Butternut Squash Soup 1/2 C. Strawberry Banana Applesauce WW bread w/Margarine Cal 947</p>	<p><b>17 Swedish Meatballs</b> (2 Meatballs) 1/2 C. Carrots 1/2 C. Buttered Noodles 1/2 C. Fresh Fruit Salad Margarine Cal 733</p>
<p><b>27 Centers Closed</b></p> 	<p><b>28 Herb Baked Salmon</b> (1 Filet) 1/2 C. Scalloped Potatoes 1/2 C. Roasted Brussels Sprouts 1/2 C. Chocolate Pudding WW Bread w/Margarine Cal 817</p>	<p><b>22 Chicken BLT Salad</b> (3/4 C. Diced Chicken) 1 C. Salad Greens w/Dressing 1/2 C. Fresh Fruit Salad WW Bread w/Margarine Cal 696</p>	<p><b>23 Vegetable Lasagna</b> (1 pc./ 8 Oz.) 1/2 C. Carrots 1/2 C. Cauliflower 1/2 C. Greek Yogurt Cal 718 WW Bread w/Margarine</p>	<p><b>24 Pub Steakburger</b> (1 Beef Patty, 1 Slice Cheese, WW Sandwich Roll, Ketchup) 1/2 C. Carrots w/Ranch Dip 1 C. Stuffed Pepper Soup 1/2 C. Chocolate Pudding Cal 897</p>
	<p><b>29 Ham Salad Sandwich</b> (WW Sandwich Roll &amp; 5 Oz. Ham Salad) 1/2 C. Broccoli 1/2 C. Fresh Grapes Cal 712</p>	<p><b>29 Ham Salad Sandwich</b> (WW Sandwich Roll &amp; 5 Oz. Ham Salad) 1/2 C. Broccoli 1/2 C. Fresh Grapes Cal 712</p>	<p><b>30 Maple Glazed Pork w/Cider Gravy</b> (4 Oz. Pork) 1/2 C. Sweet Potato Cubes 1/2 C. Brussels Sprouts Oatmeal Cookie Cal 728 WW Bread w/Margarine</p>	<p><b>31 Chicken Filet Parmesan</b> (1 Breaded Chicken Breast) 1/2 C. Zucchini Parmesan Soup 1/2 C. Penne w/Sauce 1 1/4 C. Strawberry Spinach Salad w/Salad Dressing Chocolate Chip Cookie Cal 673</p>