



KNOXVILLE ACTIVE LIFE CENTER



Knoxville Hours of Operation

Monday-Friday 9:30am-2pm

320 Brownsville Road

Pittsburgh, PA 15210 Call 412-420-8147

Site Coordinator - Marissa Randall

www.lifespan.org



Daily Lunch Service

Lunch will be served daily at 11:30am.

Please arrive on time!

Lunch reservations must be made two (2) days
in advance before 11am.

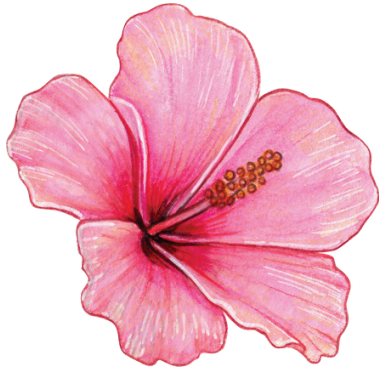
Suggested donation for lunch is \$2.00

We are excited to see you at the center!

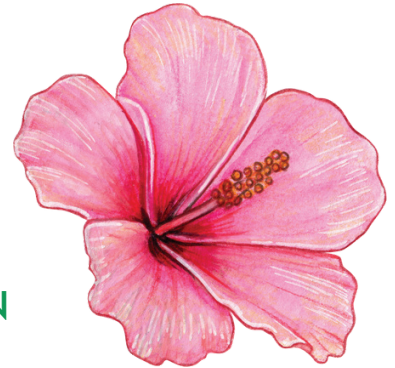
**FOOD PANTRY IS OPEN IN THE LOWER LEVEL WITH
FREE PRODUCE AVAILABLE TUESDAY AND THURSDAYS
12NOON- 4:30PM**



www.brashearassociation.org



April 2025 Activities



CALL (412) 420-8147
FOR MORE INFORMATION

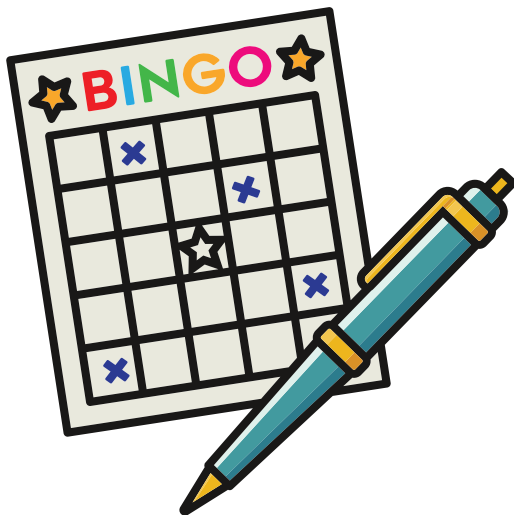
Knoxville Center Activities:

Movie Mondays-every Monday!

Trips to Walmart - Tuesdays after lunch!

4/17-10:00am Advisory Meeting

4/24- Craft Day



EVERY

Tuesday/Thursday

10:30am - 11:30am

\$1/Card



Senior highlights

Knoxville Active Life Center Seniors had a great time at our ST. Patrick's Day Potluck!





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 Birthday Menu 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 & Peppers (4 Oz. Sausage link w/ Tomato Sauce) 1/2 C. Diced Potatoes 1/2 C. Peppers & 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. Chuckwagon 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 1/2 C. Fresh Fruit Salad Cal 696</p>	<p>17 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>18 Orange Chicken (3/\$ 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 & 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 & 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>28</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 & Cheese) 1 C. Tossed Salad w/ Dressing Fresh Apple Cal 627</p> 				