

Accredited by

National Institute of
Senior Centers



LIFESPAN MON VALLEY

ACTIVE LIFE CENTER

HOURS OF OPERATION

Monday-Friday 9 AM TO 3 PM

(412) 664-5434

4313 WALNUT STREET

McKeesport, PA 15132

BREAKING NEWS!

WE HAVE A NEW ART TEACHER!

JOIN THE ART CLASS WITH

CATHY ON TUESDAY

04/01, 04/15 AND 04/29.

12:30 PM-1:30 PM

MAY IS OLDER AMERICANS
MONTH AND WE WILL BE
CELEBRATING ALL MONTH
WITH A GRAND FINALE
OPEN HOUSE
AT THE END OF MAY!
DETAILS WILL BE COMING SOON!



FLIP THE SCRIPT ON AGING: MAY 2025



COLORING, COFFEE AND CONVERSATION

JOIN US FOR A RELAXING HOUR OF
ADULT COLORING! COLORING REDUCES
STRESS, IMPROVES SLEEP AND BRAIN
FUNCTION, LOWERS ANXIETY, HELPS
YOU FOCUS ON THE PRESENT, AND HELPS
YOU EMBRACE YOUR INNER CHILD.
SUPPLIES WILL BE PROVIDED. EVERY
WEDNESDAY 10:30 AM -11:30 AM

LifeSpan
Together We Can!



CCAC WILL BE HERE ON
WEDNESDAY
04/02, 04/09 AND 04/16
MAKING A CRAFT.
SIGN UP TODAY
AND JOIN IN THE FUN!

PERK DAY

FRIDAY 04/18/25

DONUTS, COOKIES,

COFFEE, JUICE

AND TEA WITH

THE EASTER BUNNY

FREE WITH YOUR PERK
CARD

SIGN UP BY FRIDAY

04/11/25

THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER

INVITES YOU TO ATTEND A

KENTUCKY DERBY STYLE MOTHER'S DAY

TEA PARTY!

APPETIZER, FOLLOWED BY A TASTY LUNCH,

AN AFTERNOON PERFORMANCE BY THE

MONROEVILLE ADULT CHOIR, TREAT BAG, COFFEE,

VARIETY OF TEA AND A TEA PARTY THEMED FAVOR

ALL FOR \$15 (EVERYONE IS WELCOME)



LifeSpan Mon Valley is a Non-Profit Organization

LifeSpan Mon Valley Active Life Center

Olympia Shopping Center

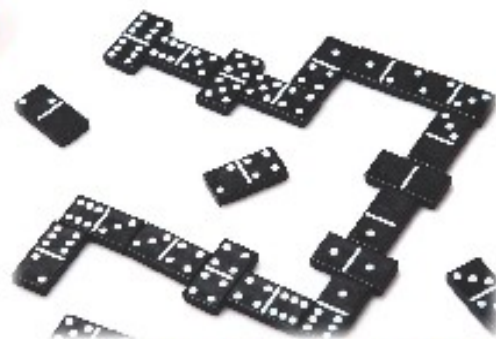
4313 Walnut St, Suite 370

McKeesport, PA 15132

412-664-5434

Open Monday - Friday 9:00am - 3:00pm

Card & Game Party



SATURDAY

MAY 3RD

\$25⁰⁰

DOORS OPEN @ 10:00AM

ALL AGES WELCOME!

Tickets Must Be Purchased In Advance



**Chinese
Auction!**
**Share the
Wealth!**

Ticket includes:

Lunch & Drink*

*COFFEE - TEA - JUICE

Party Favor

Score Sheet

Bring or Join a Group

Bring a Game and

PLAY



All Proceeds Benefit LifeSpan Mon Valley Active Life Center

LET'S GO BUCS

WE ARE GOING TO THE PIRATE GAME ON

WEDNESDAY 07/02/25 4:12 PM GAME

\$35

**SECTION 129/ADA SEATING WITH
A \$5 LOADED VALUE PER TICKET FOR FOOD.**

SIGN UP AND PAY BY 05/16/25

OR SET UP A PAYMENT PLAN

WITH AMY TODAY!



**THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER
INVITES YOU TO ATTEND A
KENTUCKY DERBY STYLE MOTHER'S DAY TEA PARTY!**

SO MARK YOUR CALENDARS!

THURSDAY MAY 8, 2025 AT 10:00 AM

**YOU WILL RECEIVE A DELICIOUS APPETIZER, FOLLOWED
BY A TASTY LUNCH, AN AFTERNOON PERFORMANCE BY
THE MONROEVILLE ADULT CHOIR, TREAT BAG, COFFEE,
VARIETY OF TEA AND TEA PARTY THEMED FAVOR**

ALL FOR \$15 (EVERYONE IS WELCOME)

**WEAR YOUR BEST KENTUCKY DERBY OUTFIT AND BE
ENTERED FOR A DOOR PRIZE, TOO!**

HOPE TO SEE YOU THERE!

SIGN UP AND PAY BY MONDAY APRIL 28, 2025



WANNA GO TO THE CASINO?



JOIN IN THE FUN ON WEDNESDAY APRIL 16TH WITH A BUS TRIP PROVIDED BY
AMORE LIMOUSINE TO THE HOLLYWOOD CASINO at THE MEADOWS!

*AMORE LIMOUSINE WILL BE LEAVING LIFESPAN AT 8:30 AM

*ARRIVE AT HOLLYWOOD CASINO at THE MEADOWS AT 10:00 AM

*DEPARTURE FROM HOLLYWOOD CASINO at THE MEADOWS WILL BE 3:00 PM

*ARRIVE BACK AT LIFESPAN AT 4:30 PM

THERE ARE ONLY 28 LUXURY HIGH BACK RECLINING SEATS AVAILABLE
WITH COMPLETE VIDEO SYSTEMS, REAR AND UNDERBELLY STORAGE AND A LAVATORY.

PRICE IS \$30

DON'T MISS OUT, SIGN UP AND PAY TODAY! DEADLINE IS THURSDAY APRIL 10, 2025

JOIN IN THE FUN ON WEDNESDAY MAY 14TH WITH A BUS TRIP PROVIDED BY

AMORE LIMOUSINE TO THE MOUNTAINEER CASINO RESORT!

*AMORE LIMOUSINE WILL BE LEAVING LIFESPAN AT 8:30 AM

*ARRIVE AT THE MOUNTAINEER CASINO RESORT AT 10:00 AM

*DEPARTURE FROM THE MOUNTAINEER CASINO RESORT WILL BE 3:00 PM

*ARRIVE BACK AT LIFESPAN AT 4:30 PM

THERE ARE ONLY 28 LUXURY HIGH BACK RECLINING SEATS AVAILABLE
WITH COMPLETE VIDEO SYSTEMS, REAR AND UNDERBELLY STORAGE AND A LAVATORY.

PRICE IS \$30

DON'T MISS OUT, SIGN UP AND PAY TODAY! DEADLINE IS THURSDAY MAY 8, 2025

MONDAY



**Stay Active
& Independent
for Life (SAIL)**

10:00 AM S.A.I.L. EXERCISE

11:30 AM LUNCH IS SERVED (\$2 SUGGESTED DONATION)

**12:00 PM BINGO AND CARD CLUB, AND WOMEN BILLIARDS
(INSTRUCTOR LEAD)**

2:00 PM MEXICAN TRAIN

12 PM MEMBERSHIP BINGO

**(\$5 PACKAGE INCLUDES: 2 BOARDS,
3 SPECIALS AND A JACKPOT)**

RIVERS CASINO TRIP

MONDAY 04/28/25

SIGN UP BY 04/21/25

WILL CALL WITH

PICK UP TIMES



**CARE COMFORT HOSPICE WILL BE
HERE ON MONDAY**

04/28/25 AT 10:30 AM

**TALK WITH KRISTY ABOUT HOSPICE
SERVICES**

11:30 AM LUNCH IS SERVED (SUGGESTED \$2 DONATION)

12:15 PM PLAY POKENO (BRING YOUR PENNIES)

TUESDAY



DRUMING WITH

NORMA AT 10 AM! NEW ROUTINES EVERY WEEK! JOIN US TUESDAY IN APRIL 4/1, 4/8 04/15, 04/22, 04/29

BREAKING NEWS!

WE HAVE A NEW ART TEACHER!

JOIN THE ART CLASS WITH

CATHY ON TUESDAY

04/01, 04/15 AND 04/29.

12:30 PM-1:30 PM

WEDNESDAY

**MEET A RESIDENT DOCTOR FROM LATTERMAN CLINIC
ON WED 04/09 AND 04/23 FROM 10:00 AM -12:00 PM
GET YOUR BLOOD PRESSURE CHECKED, TOO!**

11:00 AM METRO CHAIR EXERCISE

**11:30 AM LUNCH IS SERVED
(SUGGESTED \$2 DONATION)**

12:15 PM LCR DICE GAME



CCAC WILL BE HERE ON

WEDNESDAY 04/02, 04/09 AND 04/16

**MAKING A CRAFT. SIGN UP TODAY
AND JOIN IN THE FUN!**

**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 of each month at 12 PM.



ACADEMY OF PODIATRY

**WILL BE COMING TO LIFESPAN WEDNESDAY
04/09/25 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.**

10:00 AM S.A.I.L. EXERCISE

11:00 AM CROCHETING/KNITTING CLUB

EVERY 2ND AND 4TH THURSDAY

11:30 AM LUNCH IS SERVED (\$2 SUGGESTED DONATION)

12:00 PM BINGO



Stay Active
& Independent
for Life (SAIL)



THURSDAY

MEMBERSHIP BINGO

ALL REGULAR GAME CARDS, ALL
SPECIAL GAME CARDS AND ALL
JACKPOT GAME CARDS
ARE \$.25 EACH

THE CROCHETING/ KNITTING CLUB MEETS

Every Second &
Fourth Thursday

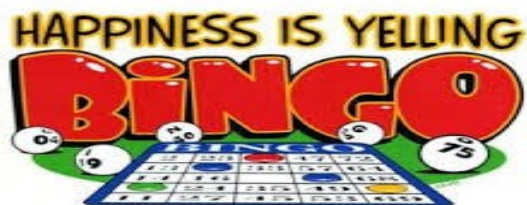
Of Each Month At
11:00 AM

David Loshelder, M.S., LSSBB, CDT, CSF, CCEP
Allegheny County Department of
Human Services
Behavioral Health Consultant

WILL BE HERE ON THURSDAY

04/17/25 AT 10:45 AM

**TO PROVIDE MENTAL HEALTH
INFORMATION AND RESOURCES**



Joni Cairns

**Community Health Educator from
Amerihealth Caritas Pennsylvania
will be here on THURSDAY 04/03/25
AT 10:45 AM discussing
MEN AND WOMEN'S HEALTH
MARK YOUR CALENDAR!**

FRIDAY

FISH FRY FRIDAY

TAKE A GROUP TRIP TO ENJOY SOME OF YOUR LENTEN
FAVORITES AT MARY, MOTHER OF GOD PARISH

LENTEN FISH FRY

803 MARKET STREET MCKEESPORT, PA 15132

FRIDAY 4/4/25

SIGN UP BY FRIDAY 3/28/25

WILL CALL WITH PICK UP TIMES



FISH FRY FRIDAY

TAKE A GROUP TRIP TO ENJOY SOME OF
YOUR LENTEN FAVORITES AT BLESSED
TRINITY PARISH LENTEN

FISH FRY

ST. ALBERT THE GREAT HALL

FRIDAY 4/11/25

SIGN UP BY FRIDAY 4/4/25

WILL CALL WITH PICK UP TIMES

Blessed Trinity Parish ~ Fish Fry	
St. Albert the Great Hall, Baldwin	
11:00am to 7:00pm	
Additional seating is available in the upper hall (for those who CANNOT sit at tables.)	
FAST AND FRIENDLY SERVICE ~ LINES MOVE QUICKLY	
Panko breaded Fried Cod fish sandwich	\$8.00
Panko breaded Fried Cod fish on a dish	\$8.00
Orange juice and herb baked Cod fish	\$8.00
(Gillnet fish available)	
Breaded Deep Fried Shrimp (8 per order)	\$8.00
Maryland Crabs (2 per order)	\$8.00
Potato Perogies (6 per order)	\$6.50
Potato Perogies (3 per order)	\$3.50
Tuna salad sandwich w/ lettuce and tomato	\$4.00
Cheese PIZZA Slice	\$2.00
Deep Fried Wheel of Providence Cheese with marinara	\$8.00
SOUP: \$4.00	
New England Cream Chowder	
NEW! Soup du Jour (weekly)	
ALL SIDES: \$2.00	
French Fries... Cole Slaw... Mashed...	
Stewed Tomatoes... Side Salad... Macaroni and Cheese	
Assorted Desserts	\$1.00
FRESH MADE DONUTS	
75¢ each ~ \$4.00 per 1/2 dozen ~ \$8.00 per dozen	
Beverages	
Soda/Bottled water... \$1.00... Sweet... \$2.00... Buttermilk... \$1.50	
Coffee/Tea... Free	
Eat in or Take out available (412-440-0221)	
Credit Cards/Checks welcome.	
10% of the profits will benefit support to the	
Brentwood Meals on Wheels, the Greater Pittsburgh Community Food	
Bank and the Brentwood Food Pantry.	

FISH FRY

PERK DAY

FRIDAY 04/18/25

DONUTS, COOKIES, COFFEE, JUICE
AND TEA WITH
THE EASTER BUNNY

FREE WITH YOUR PERK CARD

SIGN UP BY FRIDAY 04/11/25



CREATE A DELICIOUS MEMORY
WITH A TRIP TO
OAKMONT BAKERY ON
TUESDAY 04/15/25
SIGN UP BY TUESDAY 04/08/25
WILL CALL WITH PICK UP TIMES



SAVE THE DATE
OUR 10TH ANNUAL
CAR SHOW IS
SATURDAY
SEPTEMBER 13, 2025
DETAILS COMING SOON!

Located in Acrisure Stadium, the Steelers Hall of Honor Museum is dedicated to promoting, preserving and celebrating Steelers football. The Hall of Honor Museum is home to over 50 inductees and over 10,000 square feet of Steelers history. The museum provides opportunities for fans to learn more about the franchise, view rare artifacts preserved by the team, and relive the biggest moments and people in Steelers history.



TAKE A TOUR ON FRIDAY 04/18/25
THE SELF-GUIDED TOUR TAKES UP TO 60 MINUTES
PICK UP AT THE CENTER AT 10:15 AM, TOUR BEGINS AT 11 AM
PICK UP FROM ACRISURE WILL BE 1 PM.
MUST BE SIGNED UP AND PAID BY FRIDAY 04/10/25

\$10 A PERSON

BOX LUNCHES ARE AVAILABLE TO BE EATEN OUTSIDE OF THE MUSEUM FOR **\$10** EACH
(MUST BE ORDERED IN ADVANCE)





LifeSpan Mon Valley Active Life Center at Olympia

\$1000 BINGO & Lunch

**PAYOUT: \$15 REGULAR GAMES, \$50 SPECIALS AND
\$500 JACKPOT!**

Saturday April 19, 2025

\$25.00

Doors Open at 10:00am—Bingo starts at 12:00pm

Ticket Includes: Lunch, Bingo Package and Door Prize Entry

Bingo Package Includes: 6 paper board/20 sheets for all regular games,
3 paper board/5 sheets for all specials

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center at Olympia



Easter Word Search

w b s i n
 b t u k u i i
 l a i n c u n h d
 o s b n i z r d l
 g y k b y h n u n a x
 e d e a m c c o h m y
 c n t r t k i o o b l
 c a s n l t l e s y q
 b c u i a i q p l v a
 v h n c d k r x o p j
 g a a n i n s r c
 v y s n p g i f t
 i g p g l h s
 e i f



eggs
 bunny
 rabbit
 chick

spring
 April
 Sunday
 basket

hunt
 candy
 vacation
 lamb

gift
 sun
 duckling
 holiday


Mon

Tue

Wed

Thu

Fri

	<p>1 Chicken w/Gravy (1 Chicken Breast, 1/4 C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine 1 Lorna Doone Cookie Apple Cal 631</p>	<p>2 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 620</p>	<p>3 Chicken Avocado Salad (3/4 C Diced Chicken, 1 SS C Guacamole) Salad (2 C Lettuce Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686</p>	<p>4 Spanish Omelet (1 Omelets, Cheese, Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Croissant w/Margarine 1/2 C Fresh Fruit Salad Cal 618</p>
<p>7 Meatloaf w/Gravy (1 Slice Meatloaf, 1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine Banana Bread (1 mini loaf) Cal 776</p>	<p>8 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 815</p>	<p>9 Beef Stroganoff (1 C Beef Stroganoff) 1 C Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 SI Pound Cake w/1/4 C Berries Cal 742</p>	<p>10 BBQ Turkey Flatbread (1/2 C Chopped Turkey, 1 SI Cheese, 1 Tbsp Coleslaw, & 1 Tbsp BBQ Sauce on Sandwich) 1/2 C Potato Salad WG Flatbread 1/2 C Fresh Cantaloupe Cal 666</p>	<p>11 Sweet & Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748</p>
<p>14 French Onion Chopped Steak (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Pkt Mini Chocolate Chip Cookies Cal 864</p>	<p>15 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 655</p>	<p>16 Deli Plate (1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Lettuce, Tomato, Cucumber 1 C French Onion Soup WW Bread w/Margarine Fresh Orange 1 Pkt Berry Vanilla Cookies Cal 730</p>	<p>17 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>18 Stuffed Shells (2 Shells w/Cheese Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 811</p>
<p>21 Penne w/Meatballs (3 Meatballs w/1/4 C Sauce) 1/2 C Broccoli 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 670</p>	<p>22 Garlic Dijon Chicken (1 Chicken Breast w/garlic Dijon sauce) 1/2 C Whipped Sweet Potatoes 1/2 C Spinach 2 SI WW Bread w/Margarine 1/2 C Diced Pineapple Cal 621</p>	<p>23 Pulled Pork Sandwich (1/2 C Pulled Pork, 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 654</p>	<p>24 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp Bacon) 1 C Salad w/Dressing 1 C Zucchini Parmesan Soup 2 SI WW Bread w/Margarine 1/2 C Fresh Fruit Salad 1 Pkt Oreo Cookies Cal 932</p>	<p>25 Vegetable Lasagna (1 Piece lasagna, 2 Tbsp Mozzarella) 1/2 C Carrots 1 C Salad w/1 Pkt Dressing 1 Garlic Knot 1 Fresh Orange Cal 803</p>
<p>28 Maple Glazed Pork w/Gravy (1 SI Pork w/1/4 C Cider Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding w/1 Pkt Graham Crackers Cal 724</p>	<p>29 Pub Steak Cheeseburger (1 beef patty, 1 sl cheese, 1 Pkt Ketchup) WW Sandwich Roll 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826</p>	<p>30 Ham & Cheese Frittata (1 Frittata) 1 Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges 1 SI Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681</p>	