



IMPERIAL ACTIVE LIFE CENTER

Monday—Friday 9:00 am—3 pm 540 Penn Lincoln Dr, Imperial, PA 15126 724-218-1669

SPRING LUNCHEON

TUESDAY, 4/15/2025
11AM

Join our LifeSpan family in
celebrating Easter & a time of
new beginnings!

Menu:

BBQ Rosemary Chicken
Succotash
Roasted Sweet Potatoes
Sandwich Roll
Fresh Cantaloupe
+ Assorted Desserts

Goodie Bag, Games, & Raffles [optional]

Cost: \$5

MUST R.S.V.P. AND PAY BY
4/10/25

OUT TO LUNCH BUNCH:

EAT 'N PARK

University Boulevard, Moon Township

Friday, April 4 at 11:30am

RIVERS CASINO TRIP:

Tuesday, 4/8/25

***ACCESS Van leaving Imperial
LifeSpan @ 9:30am.**

Leaving casino at 2:30pm.

Sign up no later than 4/1.

***You must be signed up & in the
ACCESS system at least 2 weeks
before the trip.**

BLOOD PRESSURE CHECKS

by Diamond at Harmony Ridge

Tues., 4/15/25 10:30-11:30

ONLINE RESOURCES FOR SENIORS

Monday, 4/28 @ 11am

Sign-up in advance is appreciated.

✧ Learn about free apps &
websites for everyday life &
continued learning, including
Consumer Reports, Ancestry &
more!

On-going Events:

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10am

LINE DANCE:

Wednesdays @ 9am

ADVISORY BOARD MEETING:

Wednesday, April 9@ 10am

KNIT & CROCHET:

Wednesdays @ 1pm



CARDIO DRUMMING EXERCISE: Wednesdays @ 2pm

MOVIE DAY:

Fridays @ 12:30pm

NOTE: PROGRAMS & ACTIVITIES

may be cancelled due to insufficient sign-up or inclement weather.

CARDS & GAMES*

Something for everyone!

* Most games [except Bingo & Rummikub] have limited sign ups,
which are required in advance.

BINGO Mondays at noon

Try to bring \$1 bills. \$20 bills not accepted.

Come in early to sign up & pay.



BUNCO Tuesdays at noon

No limit. All are welcome, even if you've never played before!

EUCHRE Tuesdays at 11:30am

Limited sign ups. Experienced players.

RUMMIKUB Wednesdays at noon

No limit. All are welcome, even if you've never played before!



500 BID Thursdays at 10:30am

Limited sign ups. Experienced players.

Interested in any other cards or games???

Pinocle, bridge, mahjong, scrabble, yahtzee, etc.

Please let us know! We're looking for players!

WEEKDAY LUNCHES



LUNCH is served M-F at 11:30am!

{See the entire month's menu at the back of the newsletter}

When the Center is open, we offer a tasty, well balanced lunch at 11:30am in a group setting
[suggested donation of just \$2.00!]

Please sign up by 10:30 TWO days before you'd like to come in! You can sign up at the center or give us a call!

[Note: Special Meals and holiday schedules may require signing up more than 2 days in advance]

VOLUNTEERS!

HOP DOWN TO THE CENTER & VOLUNTEER !

We REALLY need help to keep our center running smoothly! Even if it's just an hour a week, we can use you! Please visit the center or give us a call if you are interested!

A special THANK YOU to our current hard-working volunteers! You are the backbone of our center!

DONATIONS

Your donations are very much appreciated! All donations must be given to a staff member.



CLOSURES & DELAYS

Just a reminder: please be aware that you can check for LifeSpan delays & closings on WTAE and KDKA news [it scrolls across the bottom of the page]. You can also get this info on wtae.com: View Closings at the top of the page.

NOTE: if you signed up to attend lunch or another event & included your phone number on the sign-up page, we will make our best attempt to reach you if the event is cancelled or the center is closed.



Mon

Tue

Wed

Thu

Fri

	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	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	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	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
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 726	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	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	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	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
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	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	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 Cal 730 1 Pkt Berry Vanilla Cookies	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	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
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	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	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	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	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
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	29 Pub Steak Cheeseburger (1 beef patty, 1 sl cheese, 1Pkt Ketchup) WW Sandwich Roll 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826	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		