



## **IMPERIAL ACTIVE LIFE CENTER**

Monday—Friday 9:00 am—3:00 pm

540 Penn Lincoln Dr, Imperial, PA 15126 724-218-1669 [www.lifespanpa.org](http://www.lifespanpa.org)

**LIFESPAN will be CLOSED on the following days:**

- ♦ FRIDAY, MAY 9 for all-staff meeting [but there's an OUT TO LUNCH BUNCH restaurant outing May 9! See below for details.]
- ♦ MONDAY, MAY 26 in observance of Memorial Day!



## **OLDER AMERICANS MONTH OPEN HOUSE**

**Wednesday, May 14, 2024 10 am - 1 pm**

**Join us in celebrating Older Americans Month with  
an Open House of our wonderful center!**

- ♦ Tours, refreshments, raffles/prizes\* & more!
- ♦ Continental breakfast
- ♦ Picnic lunch: Grilled Burgers, Potato Salad, Broccoli Salad, Watermelon, Cake, 2% Milk\*\*
- ♦ Participate in [or watch] a Line Dancing class or play some cornhole!
- ♦ Play some Rummikub or Mahjong!
- ♦ Information tables

**MEMBERS:** Bring a non-member & earn an extra raffle ticket.

\* Prizes are for those aged 60 & above. Winner must be present at the time of drawing.

\*\* Sign up for lunch by Tuesday, May 6!!! [Stop in the Center or call 724-218-1669]

## OUT TO LUNCH BUNCH: BRICK N' MORTAR

Heidelberg, PA

Friday, May 9 at 11:30 am

Sign up by 5/5 [by 5/2 if you are taking  
ACCESS- must already be in ACCESS]

## CHRONIC PAIN & TREATMENT OPTIONS

Monday, May 12 @ 11 am

✕ Learn about types of chronic  
pain & medication-free treatment  
options.

Presented by Abbott Neuromodulation

Sign-up in advance is appreciated.

## POAs [POWERS OF ATTORNEY] + WILLS vs BENEFICIARIES

Tuesday, May 13 @ 10:45 am

What you need to know plus  
common mistakes

Presented by Conti Law

## SPRING CRAFT

Friday, May 16 @ 9:30 am

**FREE!**

Limited sign-ups.

Must sign up by 5/14

## MENTAL HEALTH AWARENESS

Tuesday, May 20  
11 am

Resources & Support

Presented by  
Allegheny County Department of  
Human Services



## MEMORIAL DAY PROGRAM

Friday, May 23 @ 11 am

- ♦ Honor friends, loved ones & all who so bravely served our country. [If you would like to share a story, please let us know by 5/16]
- ♦ Join us for lunch @ 11:30 am: Stuffed Cabbage Roll [must sign up by 10:30 am 5/21]
- ♦ Watch a movie at 12:15 pm

## Coming in June: HOAGIE/ PIZZA FUNDRAISER!!

### FARMERS MARKET VOUCHERS

Tues., June 10 from 9 am to 1 pm

Available on a first come, first served  
basis. Not guaranteed.

Further details in June newsletter

### 4TH OF JULY CELEBRATION!

Date to be announced

Entertainment, home cooking, door  
prizes, games and more!

Further details in June newsletter.

# On-going Events:

## **STRENGTH/ BALANCE EXERCISE:**

Tuesdays @ 10 am

## **LINE DANCE:**

Wednesdays @ 9 am

## **ADVISORY BOARD MEETING:**

Wednesday, 5/21 @ 10 am

## **KNIT & CROCHET:**

Wednesdays @ 1 pm

## **CARDIO DRUMMING EXERCISE:**

Wednesdays @ 2 pm

## **MOVIE DAY:**

Fridays @ 12:30 pm

### **NOTE: PROGRAMS & ACTIVITIES**

may be cancelled due to insufficient sign-up or inclement weather.  
Sign-up in advance is highly recommended.

If you have ideas for programs & activities, please let us know!

# 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 11:30 am

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 10:30 am

Limited sign ups. Experienced players.

## **MAHJONG** Fridays at 10:00 am

All are welcome, even if you've never played before!

Interested in any other cards or games???

Pinocle, bridge, scrabble, yahtzee, etc.

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

## WEEKDAY LUNCHES



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

**Check out this month's menu of some old favorites & some exciting new dishes!**

{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 11:30 am in a group setting  
[suggested donation of *just \$2.00 is much appreciated!*]

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

## VOLUNTEERS!

**We REALLY need help to keep our center running smoothly!**

Even if it's just an hour a week [Tuesday help is especially needed!], 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 rock!***

## DONATIONS

Your donations are very much appreciated! All donations must be given to staff members only!



## 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](http://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.