



Accredited by **ncoa**
National Institute of
Senior Centers

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

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



COME CELEBRATE OLDER AMERICANS

MONTH AT OUR

MON VALLEY OPEN HOUSE! JOIN US ON

FRIDAY MAY 30, 2025 10 AM-2 PM

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

HOPE TO SEE YOU HERE!



Good Food Great Beer
Max's

CLOSED



WE WILL BE CLOSED

FRIDAY MAY 9, 2025

FOR OUR QUARTERLY

TEAM MEETING. WE WILL RESUME NORMAL
HOURS ON MONDAY MAY 12, 2025 AT 9 AM

sorry, we're
CLOSED

OUR MAY RESTAURANT TRIP IS

MAX'S ALLEGHENY TAVERN

You'll enjoy a turn-of-the-century atmosphere and freshly prepared food. A classic old school Mom & Pop neighborhood restaurant that serves great German dishes.

WEDNESDAY MAY 28, 2025

SIGN UP BY FRIDAY MAY 16, 2025

WILL CALL WITH PICK UP TIMES

HAPPY MEMORIAL DAY

WE WILL BE CLOSED ON

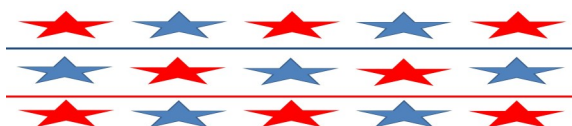
MONDAY 05/26/25

IN OBSERVANCE OF

MEMORIAL DAY

WE WILL RESUME NORMAL HOURS ON

TUESDAY 05/27/24 AT 9 AM





LET'S GO BUCS

WE ARE GOING TO THE PIRATE GAME ON

WEDNESDAY 07/02/25 12:30 PM GAME

\$35

SIGN UP AND PAY BY 06/02/25



**OUR MOTHER'S DAY KETUCKY DERBY STYLE TEA PARTY IS
THURSDAY MAY 8, 2025. 10 AM-2 PM
EVERYONE 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.**



**WANNA
GO TO
THE
CASINO?**



**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 LIFSPAN 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 LIFSPAN 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

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

Women Billiards Instructor Lead

EVERY Monday 12:30 PM



RIVERS CASINO TRIP

MONDAY 05/19/25

SIGN UP BY 05/12/25

WILL CALL WITH PICK
UP TIMES

12 PM MEMBERSHIP BINO

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



BREAKING NEWS!

WE HAVE A NEW ART TEACHER!

JOIN THE ART CLASS EVERY

TUESDAY IN MAY

12:30 PM-1:30 PM

DRUMMING WITH NORMA AT 10 AM!
NEW ROUTINES EVERY WEEK! JOIN US
TUESDAY IN MAY 05/06, 05/13, 05/20,
AND 05/27.

12:15 PM PLAY POKENO (BRING YOUR PENNIES)

WEDNESDAY

MEET A RESIDENT DOCTOR FROM LATTERMAN CLINIC
ON WEDNESDAY 05/21/25 FROM 10AM-12 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



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
05/14/25 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.

COME OUT AND JOIN US WEDNESDAY 05/07/25

10:30 AM-11:30 AM FOR A MEET AND GREET

WITH DUQUESNE UNIVERSITY

THURSDAY

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

COME OUT AND JOIN US ON

THURSDAY 05/22/25 10:30 AM-11:30 AM

FOR A MEET AND GREET

WITH DUQUESNE UNIVERSITY

THE CROCHETING/
KNITTING CLUB
MEETS

Every Second &
Fourth Thursday
Of Each Month At
11:00 AM

MEMBERSHIP BINGO

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

Phi Little (Specialist for our
region at the Pennsylvania Office
of Attorney General)

WILL BE HERE ON

THURSDAY 05/29/25 10:45 AM

MEET TARA ZALUSKI

ON THURSDAY 05/01/25 10:45 AM

LEARN ABOUT

Partnering for Safer Homes, Stronger
Communities and Better Living.

\$1000 BINGO & Lunch



At The LifeSpan Mon Valley Active Life Center at Olympia

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

Saturday MAY 17, 2025

\$25.00

Doors Open at 10:00 AM—Bingo starts at 12:00 PM

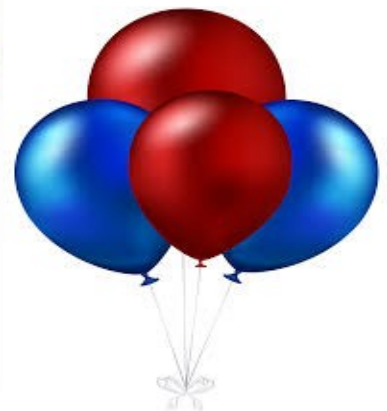
Ticket Includes: Lunch, Bingo Package and Door Prize Entry

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



PERK DAY

THURSDAY 05/15/25

PIZZA HUT PIZZA DAY 11:30 AM

FREE WITH YOUR PERK CARD

SIGN UP BY FRIDAY 05/09/25



IT'S THE DOG DAYS OF SUMMER

ENJOY A GRILLED HOT DOG

EVERY THURSDAY IN MAY AT 11:30 AM

FOR \$2.00.

**ADD A DRINK (CAN OF POP OR WATER) AND
A BAG OF CHIPS FOR**

\$5.00



MARK YOUR CALENDAR! TICKETS ARE ON SALE NOW!

WE ARE HAVING A PICNIC IN THE PARK ON

THURSDAY 07/17/25 9 AM-2 PM

**WE WILL BE ENJOYING A DELICIOUS BOX LUNCH AND PLAYING BINGO,
STARTING AT 9:30 AM, HORSESHOES, CORNHOLE AND MORE!**

FOR \$20 YOU WILL RECEIVE A BOX LUNCH,

2 REGULAR BINGO CARDS, 2 SPECIAL CARDS AND A COVERALL.

(ADDITIONAL CARDS ARE \$.50 EACH).

JERRY DE'MARIA WILL BE PERFORMING 12:30 PM-2 PM

HEAR YOUR FAVORITES OLDIES AND MORE!

FUNDRAISERS

WE ARE HAVING A HOAGIE/PIZZA FUNDRAISER!

WE ARE SELLING A VARIETY OF MARIANNA'S

HOAGIES AND PIZZAS

FOR \$10 EACH

ALL HOAGIES ARE 14 INCH

AND PIZZAS ARE 12 INCH.

ALL THE FRESH HOAGIE TOPPINGS ARE

INDIVIDUALLY VACUUM SEALED IN EVERY HOAGIE.

HELP SELL THE HOAGIES TO YOUR FAMILY AND FRIENDS.

TURN IN ALL ORDERS (JUST TOTAL NUMBER NEEDED)

TO THE FRONT DESK BY

WEDNESDAY 05/21/25

PICK UP WILL BE

WEDNESDAY 06/04/25

AT 1 PM AT LIFESPAN

4314 WALNUT STREET MCKEESPORT, PA 15132

ANY QUESTIONS ASK AMY (412) 664-5434



***Back by
Popular Demand!***

HOMEMADE HAM SALAD FUNDRAISER SALE!

GET A 1/2 LB

CONTAINER OF FRESHLY MADE HAM SALAD

\$5

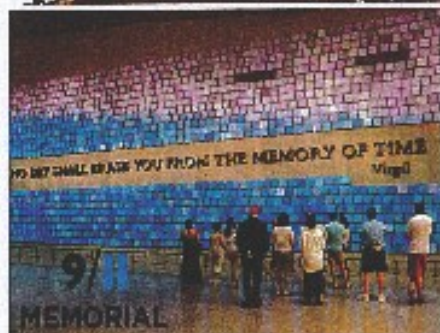
MUST SIGN UP AND PAY BY

FRIDAY 05/23/25

PICK UP AT THE CENTER WILL BE

THURSDAY 05/29/25





3 DAYS - 2 NIGHTS
DECEMBER 15 - 17, 2025

\$850.00 Per Person
Double Occupancy

\$100 DUE WHEN SIGNING UP
NON-REFUNDABLE

FINAL PAYMENT DUE
Wednesday, OCTOBER 1ST, 2025

PACKAGE INCLUDES:

- * 2 Nights Lodging
- * 2 Breakfasts
- * 1 Dinner
- * Radio City Music Hall *Christmas Spectacular* featuring the Rockettes
- * Back Door Tour of Radio City Music Hall
- * Guided tour of Lower Manhattan, including Times Square, Little Italy, Chinatown, Greenwich Village, & Financial District
- * 9/11 Memorial Museum
- * Rockefeller Center
- * Fifth Avenue Shopping
- * Macy's Herald Square
- * Souvenir Gift
- * Luggage Handling
- * Taxes & Meal Gratuities
- * Motorcoach Transportation



Cancellation insurance is available & highly recommended; see reverse side for details.

FOR INFORMATION AND RESERVATIONS CONTACT:

LIFESPAN MON VALLEY
ACTIVE LIFE CENTER
Amy Marcic
 4313 Walnut St.
 McKeesport, PA 15132
 (412) 664-5434



MARK YOUR CALENDARS



Accredited by 
National Institute of
Senior Centers 2025

LifeSpan
Together We Can!

10th
Annual

LIFESPAN IS A NON-PROFIT ORGANIZATION

CAR SHOW

ALL CARS & TRUCKS ARE WELCOME!

4313 Walnut Street, McKeesport, PA 15132

SATURDAY - SEPTEMBER 13th

RAIN DATE: SATURDAY SEPTEMBER 20th

ENTRY FEE: \$8

LIVE DJ **FOOD & DRINKS**
TROPHIES **DASH PLAQUES**
BAKE SALE **RAFFLES**

TIMES

PRE-REGISTRATION: 10am-12pm

SHOW: 12pm-4pm

TROPHIES: 3:15pm

RAFFLES & DRAWINGS ANNOUNCED*: 3:30pm

MUST BE PRESENT

CONTACT

Jerry Stankovich
412-310-4656

Amy Marcic
412-664-5434







INDOOR AIR CONDITIONED SEATING FOR 100 W/ TV'S

ALL PROCEEDS BENEFIT LIFESPAN MON VALLEY ACTIVE LIFE CENTER



LifeSpan
Together We Can!

2025

Mon	Tue	Wed	Thu	Fri
 5 Smothered Pork (1 Sl. Pork, Caramelized Onions) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 737	 6 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges 1 WW Sandwich Roll Cal 889 Fresh Apple Ketchup	 7 Hawaiian Chicken (1 Grilled Chicken Breast, Pineapple, Sweet & Sour Sauce) 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620	1 Honey Mustard Chicken Salad (3/4 C diced chicken) Salad (2 C lettuce, 2 Tbsp cucumber, 2 Tbsp diced tomato) Dressing 1 C Tomato Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 665	2 Spanish Omelet (1 Omelet w/cheese & salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Croissant w/margarine 1/2 C Greek Yogurt w/ 1/4 C Berries Cal 600
12 Peppered Egg Salad Sandwich (1 C Egg Salad w/Bell Peppers) 1/2 C Baby Carrots 1 C Garden Veggie Soup 1 WW Sandwich Roll 1/2 C Diced Peaches Cal 667	13 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 835	14 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Peppers & Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675	8 Macaroni & Cheese (1 C Macaroni & Cheese) 1 1/2 C Strawberry Spinach Salad (1 C Spinach, 1 1/4 C Strawberries, 1/4 C Diced Chicken & Dressing) 1/2 C Garlic Green Beans Cal 731 1 mini loaf Blueberry Bread	9 Centers Closed
19 Breaded Dill Chicken Sandwich (1 dill Chicken Breast & WW Roll) 1/2 C Tomato Cucumber Salad w/ mayo packet 1/2 C Chickpea, Kale, Edamame, Quinoa Blend 1 Fresh Cantaloupe Cal 650	20 Petite Beef Tenderloin Medallions (1 Sl Beef w/an jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711	21 Chicken Avocado Salad (3/4 C diced Chicken) Salad (2 C lettuce, 1 Tbsp cucumber, 2 Tbsp tomatoes, 1/4 avocado) & Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770	15 Stuffed Pepper (1 Stuffed Pepper w/meat Sauce) 1/2 C Broccoli Cal 810 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Sl Pound Cake w 1/4 C Peaches	16 Vegetable Lasagna (1 piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing 1 Sl Bread 1 Oatmeal Cookie Cal 729
26 Centers Closed 	27 Turkey & Smoked Gouda Sandwich (2 Sl Turkey, 1 Sl Cheese) 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup WW Sandwich Roll 1/2 C Fresh Grapes Cal 694	28 Country Fried Steak (1 Breaded Beef Patty w/1/4 C Creamy Gravy) Cal 914 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine 1 Sl Pound Cake w/1/4 C Berries	22 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 Sl Banana Bread w/Margarine Fresh Apple Cal 716	23 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/1/2 C Peaches Cal 634
			29 Southern BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 614	30 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS C Guacamole Cal 601