



Resources and Services for Older Adults

Steel Valley Senior
Community Resource Center
Monday Through Friday
9:30am to 2:00pm
530 Miller Ave
Clairton, PA 15025
412-233-4847

APRIL

2025

CRAFT DAY

Easter Painting 4/4/25

\$3

Die Easter Eggs 4/18/25

Plant Flowers 4/23/25

\$4

*PLEASE SEE SIGN UP
LIST AND PAY YOUR
FEE IF INTERESTED*

NEWSFLASH!!!!!!!!!!

**There will Be an
Allegheny County
In House Training Held for
Staff and Kitchen Workers
On Tuesday April 8, 2025
@ 9:00am**

Community Life Rep

Chelsey Sennett

Will be here on Tuesday 4/1/2025

!0:00am-1:30pm

**ALLEGHENY COUNTY
HEALTH DEPARTMENT
Tai Chi
Instructor
FOR ATHRITIS AND FALLS
PREVENTION
FREE CLASS**

THE HEALTH BENEFITS

*Physical and Mental
Balance
Improved Strength
Decreased Pain
Is Being Held Here On*

*Tuesdays & Thursdays
12:15pm-! :15pm*

Contact Jozette Gates



Perk Day

THURSDAY 4/25/25

PIZZA DAY
MUST HAVE PERKS CARD
without a perks card \$1.00
Must be signed up by
FRIDAY **4/17/2025**

DAILY LUNCH

Served Promptly at 11:30am

DONATIONS ACCEPTED

Sign Up 2 days in Advance
1 Week at a Time

DAILY EXERCISE



10am

w/ Doug & Video

**ORDER OUT TO
EAT IN**

LUNCH BUNCH

FISH FRY

First AME Church

Clairton PA 15025

FRIDAY 4/4/25

**MUST BE SIGNED UP BY
(for Order to be placed)**



5 CENT or NICKEL



NICKEL POKENO

Game Starts

12:30pm TO 1:30pm

2 Door Prizes, Share the Cash and More!!

What are the rules of the game Po-Ke-No?

Pokeno may be played similarly to keno. Each player except the dealer or "banker" is given a board and may bet on any figure that automatically covers one row and one column. The banker turns over playing cards and the players cover only

Food Bank & Senior Food Boxes

SENIOR BOXES

April 10th

May 8th

June 12th

**Welcome To
Lifespan
Steel Valley
Senior Center**

DRIVE THRU

APRIL 15th

MAY 20th

JUNE 17th

THE RED DOOR INDOOR SHOP THRU FOOD PANTRY

**1ST MONDAY & TUESDAY OF THE MONTH
| APRIL 1st & 7th | MAY 5th & 6th | JUN 2nd & 3rd**

RESERVATION IS REQUIRED

Please call if you can't keep the appointment.

Nutrition/Education

TOPIC TO BE
ANNOUNCED

REFRESHMENTS AVAILABLE

COFFEE *bottomless* **\$1.00**
BOTTLED WATER **\$1.00**
POP **\$1.00**
CHIPS **\$.75**
OTHER SNACKS: **\$1.00**

*Please keep coffee & drink cups
during your stay to minimize waste.*



- HEALTH SCREENINGS WITH HEALTH BINGO
- HEALTH EDUCATION

Tuesday 10:30am - 1:30pm
April 15, 2025
Health Education
Bingo
Initiative A-1C



*COME OUT AND JOIN US AT
LIFESPAN STEEL VALLEY SENIOR RESOURCE CENTER
530 MILLER AVENUE, CLAIRTON PA 15025
412-233-4847*



Choose Health

Be Healthy For Life

Weekly Activities

Monday 12:00pm Instructional Pool W/ Tyrone
1:00pm Wii Bowling /Movie 12pm-1:45pm

Tuesday Memory Trivia Challenges
12:00pm - Card Club

Wednesday 12:30 PM - Penny Pokeno

Karaoke 1:30pm /

BINGO COMING SOON!!! Plans are being made for APRIL
12:15pm-1:50pm

Thursday 12:00pm - Card Club

Friday 12:00pm - Card Club/ Current Event/ WOMENS INTERNATIONAL DAY
12:30pm - Nickel Pokeno/ CRAFT/ 3/14/25 DECORATE and BAKE COOKIES

NEW SPEAKER: Community Life/ Chelsy 3/4/25 10:00am

Tai Chi / Allegheny County Health Department (EVERY TUESDAY & THURSDAY)

**Hoagies Will BE Delivered And Ready for
Pick up After 12noon ON
Thursday April 10,2025**



MEMO: **EVERYONE MUST SIGN ON ENTERING THE CENTER
NO SOLICITING OR PANHANDLING!!!!!! PLEASE CLEAN-UP BEHIND
YOURSELF
Management !!!!!!!