

The Senior Scoop

All Centers will be

CLOSED

Friday, July 4th

for Independence Day



YOUR MEMBERSHIP MATTERS

Join or Renew Your Membership

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REMINDER!

**FREE SHOES FOR
LIFESPAN ACTIVE LIFE
CENTER PARTICIPANTS!**

**JULY 18TH 10:00 AM - 2:00 PM
IMPERIAL ACTIVE LIFE CENTER**

540 Penn Lincoln Dr, Imperial, PA 15126

(724) 218-1669

Daily Lunch Service

Lunch is served daily at 11:30 AM

Please arrive on time!

Lunch reservations must be made

2 days prior and before 12:00 PM!

A suggested donation of **\$2.00** is appreciated!

This donation supports the nutrition services
at your center.

Please note that special meals
and holiday schedules may require more
than 2 days advance reservations.



REGULAR MONDAY ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track

12:15 PM - 3:15 PM Rummikub



CHARTIERS

9:00 AM - 3:00 PM Fitness Center Open

10:00 AM - 11:30 AM Line Dance
**\$1 per class or
\$5 for the whole month**

12:00 PM - 3:00 PM Euchre
\$2.25 to play
Must contact Pat Tuney for wait list.

12:00 PM Games - Farkle & other games

1:00 PM - 2:00 PM Chair Exercise - Video Led
NO CLASS 7/14 OR 7/28



IMPERIAL

11:15 AM Bingo Cards for Sale

12:00 PM Bingo w/ A Stretch
\$16 for 6 Cards (all games)
Prizes are : \$10 regular games
\$20 for special games
\$30 for coverall

*Must have at least 25 participants or prizes may be cut.
Daubers and snacks will be available for sale.*



MON VALLEY

10:00 AM - 10:45 AM SAIL Exercise

11:00 AM - 3:00 PM Card Club



12:15 PM - 2:00 PM Member Bingo
\$5 package includes:
2 boards, 3 specials, 1 jackpot
Extra cards are 50¢
10 Regular games
3 Specials
1 Jackpot



2:00 PM Mexican Train
(Dominoes)



STEEL VALLEY

10:00 AM - 10:45 AM Exercise Video w/ Doug

11:00 AM - 11:25 AM Wii Bowling

12:00 PM - 1:00 PM Instructional Pool w/Tyrone

1:00 PM - 1:30 PM Cardio Drumming



SPECIAL MONDAY ACTIVITIES

BETHEL PARK

LEARNING TO LIVE IN THEIR WORLD

FREE Dementia Support Group

7/14/25 | 10:30 AM

Presented by Jamie Bennett, MSW, NHA, PCHA, Amedisys Hospice Outreach Specialist.

Place for loved ones and care givers of people living with dementia to talk and find resources to help themselves through the challenges of care giving.

MEALS DIRECT SPEAKER - BINGO - FOOD SAMPLES

Dates: 7/14/25 | Time: 11:45 AM

Presented by Amalie of Meals Direct

LEARN TO PLAY PINOCHLE

Dates: 7/14 & 7/21 | Time: 1:00 PM

Please arrive by 1:00 PM. Learn to play pinochle from other players who know the game.

QUILTING CLUB

7/14/25 & 7/28/25 | Time: 12:30 PM - 2:00 PM

Come meet some amazing quilters and join our group!



CHARTIERS

ON THE MOVE

BEGINS: 7/14/25 | Time: 1:00 PM - 2:00 PM

MONDAY Dates: 7/14/25 | 7/28/25 | 8/11/25 | 8/25/25

*This is a **FREE** exercise program developed by physical therapists to improve walking and balance.*

IMPERIAL

PODIATRIST w/ DR. HESS

Date: 7/28/25 | Starting at 11:00 AM

Sign up in advance is appreciated.

You will need your **insurance card**, as they do bill your insurance. You may be responsible for copay/co-insurance/deductible depending on your plan. ***Insurance covers every 60 days for nail care.*** If you wish to be seen before 60 days, you can self-pay. *They provide on site foot care (nail trimming, callouses, ingrowns, and more!).*



MON VALLEY

BLOOD PRESSURE CHECK w/ KRISTY

Date: 07/21/25 | Time: 10:45 AM



RIVERS CASINO TRIP

Date: 07/28/25 | Time: 10:00 AM PICK UP / 3:00 PM RETURN

STEEL VALLEY

No Special Activities Scheduled



onthemove

Group Exercise for Improved Mobility in Older Adults®

On the Move is

- A physical therapist developed group exercise program to improve walking
- A fun way to meet others and exercise
- Recognized as an **Evidence-Based Program** by the Administration for Community Living (ACL)
- Backed by research

People who Participate in On the Move

- Become more confident in their walking
- Walk farther without having to stop and rest
- Walk faster which is related to fewer falls and less disability
- Find it easier to do daily tasks

REGULAR **T U E S D A Y** ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track



9:30 AM - 10:45 AM Line Dancing
\$4 per class
Instructor: Bernie Gillotti

Come & learn the latest rage:
"Boots on the Ground"
Clacker Fans available for \$2

10:30 AM Hand and Foot

CHARTIERS

9:00 AM - 3:00 PM Fitness Center Open

11:45 AM Bingo Cards for Sale

12:15 PM BINGO w/ A Stretch
\$20 for 12 Cards (all games)

Quickies, 50/50, Winner Take All & Horse Race

Prizes are : \$20 regular games

\$30 for special games

\$50 for coverall

Must have at least 25 participants or prizes may be cut.

Daubers and snacks will be available for sale.



IMPERIAL

10:00 AM - 10:45 AM Stregnth & Balance Exercise

11:30 AM Euchre (Experienced players)
Sign Up in Advance Required

12:00 PM Bunco (No Limit, All Welcome)

MON VALLEY

10:00 AM - 10:45 AM Cardio Drumming

12:00 PM - 2:00 PM Penny Pokeno (bring pennies)



STEEL VALLEY

10:00 AM - 10:45 AM Exercise Video w/ Doug

12:30 PM - 1:30 PM Memory Trivia Challenge

1:00 PM - 1:30 PM Cardio Drumming

1:30 PM - 2:00 PM Karoke



SPECIAL TUESDAY ACTIVITIES

BETHEL PARK



COMFORT KEEPERS w/ PAT TYLKA

Date: 7/8/25 | Time: 11:30 AM

Learn about Comfort Keepers, the leading provider of in-home care. They offer customized services to meet the unique needs of everyone. They help seniors and other adults who need assistance to live and thrive, in the home environment they love.

CHRONIC PAIN & INFLAMMATION PRESENTATION

Date: 7/15/25 | Time: 11:30 AM

Presented by Dr. Dan Francisco

Sponsored by: Pittsburgh Integrated Wellness

FREE Information session on chronic pain and inflammation.

SAIL-INSPIRED EXERCISE CLASS

Date: 7/15/25 | Time: 12:30 PM

This **FREE** class will focus on exercises that improve strength, balance, and fitness. It's the single most important activity that adults can do to stay active and reduce their chances of falling.

LEARN TO PLAY PINOCHLE

Dates: 7/8 & 7/29 | Time: 1:00 PM

Please arrive by 1:00 PM. Learn to play pinochle from other players who know the game.

CHARTIERS

MOVIE DAY

See Dates Below | Time: 10:00 AM

Sign Up in Advance is preferred.

\$2 for Movie and snack

7/08/25 - "The Adam Project"

7/22/25 - "6 Underground"



IMPERIAL

FROZEN YOGURT SOCIAL & PRESENTATION

Date: 7/22/25 | 10:30 AM - 11:30 AM

Presented by Oak St. Health

FREE informational session.

Sign Up by: 7/17/25



MON VALLEY

FIRECRACKER CRAFT w/ KERRI

Date: 07/01/25 | Time: 12:30 PM

Cost: \$5



PATRIOTIC SUNFLOWER CRAFT w/ AMY & KERRI

Date: 07/08/25 | Time: 12:30 PM

Cost: \$10



YARN BIRD CRAFT w/ KERRI

Date: 07/22/25 | Time: 12:30 PM

Cost: **FREE** *ONLY 10 SPOTS*



STEEL VALLEY



HEALTH EDUCATION SPEAKER

Date: 7/01/25 | Time: 11:00 AM - 1:00 PM

Sponsored by Duquesne University

SHOP THRU FOOD PANTRY

Date: 7/7 & 7/8 | Time: Given w/ Registration

RESERVATION REQUIRED!

DRIVE THRU FOOD PANTRY

Date: 7/15/25 | Time: 1:00 PM - 3:00 PM



SHOP THRU FOOD PANTRY

Date: 7/21 & 7/22 | Time: Given w/ Registration

RESERVATION REQUIRED!

REGULAR **WEDNESDAY** ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track

12:00 PM Deadline Bingo Cards for Sale
Bring small bills!
Bingo prices & prizes vary.
Packages start as low as \$3

12:15 PM Bingo Begins



CHARTIERS

9:00 AM - 3:00 PM Fitness Center Open

9:00 AM - 10:00 AM Chair Exercise

9:30 AM - 12:00 PM Art Class
\$10 per week
Supplies not provided.
Instructor: Ann McCartney

9:30 AM - 12:00 PM Bridge
\$2 to play
Contact George or Amy for info.



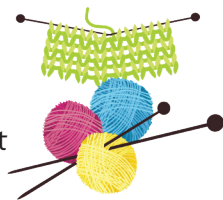
IMPERIAL

9:15 AM - 10:45 AM Line Dancing
\$2 per class/\$5 per month

12:00 PM Rummikub

1:00 PM Knit & Crochet

2:00 PM - 2:45 PM Cardio Drumming
Sign Up in Advance Required



MON VALLEY

10:30 AM - 11:30 AM Coloring, Coffee, & Conversation
Supplies + Light Snack Included

11:00 AM - 11:30 AM Metro chair exercises

12:00 PM - 2:00 PM LCR Dice game
(need nickels)



STEEL VALLEY

10:00 AM-10:45 AM Exercise Video w/ Doug

12:30 PM-1:30 PM Penny Pokeno (need pennies)

1:00 PM - 1:30 PM Cardio Drumming

1:30 PM - 2:00 PM Karaoke



SPECIAL WEDNESDAY ACTIVITIES

BETHEL PARK

BLOOD PRESSURE SCREENINGS

Date: 7/9/25 | Time: 10:30 AM-11:30 AM

Sponsored By OSPTA



ADVISORY COMMITTEE MEETING

Date: 7/9/25 | Time: 10:00 AM

CLOTHESPIN 50/50 RAFFLE

Date: 7/16/25 | Time: 9:00 AM - 2:00 PM

\$2 per Clothespin

Stop by for a chance to win! Clip a clothes pin on our new Activity Aide, Kerriane for the day. The winner will receive \$1 for each pin purchased. Tell your friends and stop on by! **Winner will be picked at 2:00 PM**



HOT DOG DAY

Date: 7/16/25 | Time: 11:45 AM

Cost: \$1 or 1 perk per hotdog

Sign up and pay by 7/9/25



CHARTIERS

ADVISORY COMMITTEE MEETING

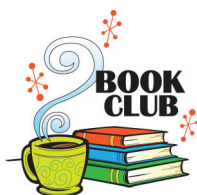
Date: 7/2/25 | Time: 10:00 AM

BOOK CLUB

1st Wednesday of each month | Time: 10:00 AM

Roseanna leads the group.

Book to be discussed is The Neighbor by Lisa Gardner



LUNCH BUNCH OUTING - CENTRAL DINER

Date: 7/16/25 | Time: 11:30 AM

No transportation provided.



HAND & FOOT

1st and 3rd Wednesday of the month | Time: 12:00 PM

\$2 to play | Contact Marilyn for more information.

500 BID

2nd and 4th Wednesday of the month | Time: 12:00 PM

\$2 to play | Contact Pat for more information.



IMPERIAL

ADVISORY COMMITTEE MEETING

Date: 7/9/25 | 10:00 AM

MON VALLEY

HEALTH SCREENINGS

Date: 7/2/25 | Time: 10:30 AM - 12:00 PM

Sponsored by Duquesne University



ADVISORY COMMITTEE MEETING

Date: 7/09/25 | Time: 12:15 PM

PODIATRIST 2nd Wednesday of Every Month

Date: 7/09/25 | Time: 12:30 PM

Sign up in advance is recommended, walk-ins taken.

You will need your **insurance card**, as they do bill your insurance. You may be responsible for copay/co-insurance/ deductible depending on your plan. **Insurance covers every 60 days for nail care.** If you wish to be seen before 60 days, you can self-pay. They provide on site foot care (nail trimming, callouses, ingrowns, and more!).



HEALTH EDUCATION SPEAKER

Date: 7/16/25 | Time: 11:30 AM

Sponsored by Duquesne University



RICE KRISPY TREAT COOKING

CLASS w/ KERRI

Date: 07/30/25 | Time: 12:30 PM

Cost: \$3 / 3 bars



STEEL VALLEY

No Special Activities Scheduled

REGULAR THURSDAY ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track

CHARTIERS

9:00 AM - 3:00 PM Fitness Center Open

9:30 AM - 12:00 PM Art Class
\$10 per week
Supplies not provided.
Instructor: Ann McCartney



10:00 AM - 11:30 AM Line Dance
\$1 per class or
\$5 for the whole month



12:00 PM - 1:00 PM Games

1:00 PM - 2:00 PM Chair Exercise - Video Led
NO CLASS 7/10 OR 7/24

1:30 PM - 3:00 PM TOPS Meeting
 (Taking Off Pounds Sensibly)

IMPERIAL

10:30 AM - 3pm 500 Bid (Experienced)
Sign Up in Advance Required



MON VALLEY

10:00 AM - 10:45 AM SAIL Exercise

12:00 PM - 1:30 PM Member Bingo
All cards are 25¢ each
 5 Regular Games
 2 Specials
 1 Jackpot



Stay Active & Independent for Life (SAIL)

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

SAIL meets the highest level criteria for an evidence-based program.

Who should participate?

Primary focus is on community-dwelling older adults (65+) and people with a history of falls. The SAIL program is able to accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane users). The program focuses on improving flexibility, strength and balance. It can be done standing or seated.

What will attendees learn?

SAIL focuses on exercises which improve strength, balance and fitness levels. Attendees feel better and are able to stay independent longer.

STEEL VALLEY

10:00 AM - 10:45 AM Exercise Video w/ Doug

11:45 AM - 1:30 PM Movie

12:00 PM - 1:50 PM Card Club - Bid Wiz

1:30 PM - 2:00 PM Open Games



SPECIAL THURSDAY ACTIVITIES

BETHEL PARK

AVIARY BIRD SHOW

Date: 7/03/25 | Time: 10:30 AM
COST: **FREE**.

TOP 10 SCAMS FOR SENIORS

Date: 7/10/2025 | Time: 11:30 AM
PA Attorney General, Phil Little
FREE Informational session

LEARN TO PLAY PINOCHLE

Dates: 7/17/25 | Time: 1:00 PM
Please arrive by 1:00 PM. Learn to play pinochle from other players who know the game.

PIZZA DAY (Mm Mm Pizza)

Date: 7/24/25 | Time: 11:45 AM
Cost: \$2/slice or 2 PERKS
Sign Up & Pay by: 7/18/25

SAIL-INSPIRED EXERCISE CLASS

Date: 7/10/25 & 7/24/25 | Time: 10:00 AM
This **FREE** class will focus on exercises that improve strength, balance, and fitness. It's the single most important activity that adults can do to stay active and reduce their chances of falling.

CHARTIERS

ON THE MOVE

BEGINS: 7/10/25 | Time: 1:00 PM - 2:00 PM
THURSDAY Dates: 7/10/25 | 7/24/25 | 8/14/25 | 8/28/25
This is a **FREE** exercise program developed by physical therapists to improve walking and balance.

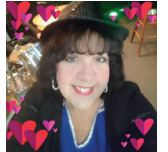


IMPERIAL

4TH OF JULY PARTY

Date: 7/03/25 | Time: 11:00 AM
Cost: \$15

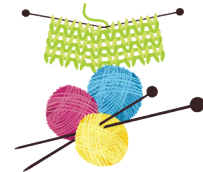
Grilled Kielbasa, Croatian Sauerkraut, Antipasto Salad, Corn, And Cherry Sundae (meals are not provided by Metz for this event and may be taken home). Following lunch, come and listen to the incredible voice of Tammy Petty who has performed for many important events throughout Pennsylvania. Tammy has one of the most spectacular voices around! Pasty Cline and Cher are just to name a few of the singing she does. You don't want to miss this event!!!



MON VALLEY

KNITTING/CROCHET CLUB

Dates: 7/10 & 7/24
Time: 11:00 AM - 1:00 PM



ICE CREAM SOCIAL / PERK DAY

Date: 7/24/25 | Time: 10:30 AM - 1:30 PM
Sign Up By: 7/18/25
Must present your perk card on the day of the party to receive a ticket for entry.



COMFORT KEEPERS

Date: 7/31/25 | Time: 10:45 AM
Meet staff from Comfort Keepers, which is the leading provider of in-home care. They offer customized services to meet the unique needs of everyone. They help seniors and other adults who need assistance to live and thrive, in the home environment they love.

STEEL VALLEY

ADVISORY COMMITTEE MEETING

Date: 7/17/25 | 12:30 PM

What is **On the Move?**

- > Specialized walking and stepping patterns promote improved timing and coordination for walking
- > Two 50-minute exercise classes each week
- > All classes are done to music
- > Led by a certified instructor
- > Exercises are tailored to individual abilities

REGULAR **FRIDAY** ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track

9:30 AM - 10:45 AM

Line Dancing

\$4 per class

Instructor: Bernie Gillotti

Note: NO CLASS on July 4th or 25th

Come & learn the latest rage:

"Boots on the Ground"

Clacker Fans available for \$2

10:00 AM-10:45 AM

Chair Exercise

\$4 per class

Instructor: Maryann Gerard

12:00 PM

Pinochle



MON VALLEY

11:00 AM - 11:30 AM

Metro chair exercises

12:00 PM - 2:00 PM

UNO Card game



CHARTIERS

9:00 AM - 3:00 PM

Fitness Center Open

11:45 AM

Bingo Cards go on sale

12:15 PM

BINGO w/ A Stretch

\$20 for 12 Cards (all games)

Quickies, 50/50, Winner Take All & Horse Race

Prizes are : \$20 regular games

\$30 for special games

\$50 for Coverall

Must have at least 25 participants or prizes may be cut.

Daubers and snacks will be available for sale.



STEEL VALLEY

10:00 AM-10:45 AM

Exercise Video w/ Doug

12:00 PM - 1:50 PM

Card Club - Bid Wiz

12:30 PM - 1:30 PM

Nickel Pokeno (bring nickels)

1:00 PM - 1:30 PM

Cardio Drumming



IMPERIAL

10:00 AM

Mahjong (All Welcome)

12:30 PM

Movie



SPECIAL FRIDAY ACTIVITIES

BETHEL PARK

ROOTBEER FLOAT DAY

Date: 7/18/25 | Time: 11:45 AM

Cost: \$1 or 1 PERK FOR 1 FLOAT

Sign Up & Pay by: 7/11/25



PODIATRIST - DR HESS

Date: 7/18/25 | Time: Appt. Time given at Sign Up

Sign up in advance is **REQUIRED**.

You will need your **insurance card**, as they do bill your insurance. You may be responsible for copay/co-insurance/deductible depending on your plan. **Insurance covers every 60 days for nail care.** If you wish to be seen before 60 days, you can self-pay. They provide on site foot care (nail trimming, callouses, ingrowns, and more!).



CHARTIERS

DOUBLE PINOCHLE

1st Friday of the month | Time: 10:00 AM

\$2 to Play

Contact Alexis or Mike for more information.

DOUBLE PINOCHLE

2nd Friday of the month | Time: 10:00 AM

\$2 to Play

Contact Mary Louise for more information.

MAHJONG

3rd Friday of the month | Time: 11:00 AM

\$2 to Play

Contact Marilyn for more information.



500 BID

4th Friday of the month | Time: 10:15 AM

\$2 to Play

Contact Mary Cay for more information.

IMPERIAL

SAMARITAN'S FEET - FREE SHOE EVENT

Date: 7/18/25 | Time: 10:00 AM - 2:00 PM

Sponsored by Republic Airways and Samaritan's Feet

MON VALLEY

ON THE MOVE WALKING CLASS WITH AMY

Dates: 7/11 7/18 7/25 | Time: 10:00 AM-10:45 AM

This is a **FREE** exercise program developed by physical therapists to improve walking and balance.

LEARN TO MAKE S'MORES PIE w/ KERRI & SARAH

Date: 07/11/25 | Time: 10:00 AM

Cost: **\$5 each** You can take your pie home that day.



STEEL VALLEY

No Special Activities Scheduled

onthemove

Group Exercise for Improved Mobility in Older Adults®

Walking is important for maintaining independence and preventing falls.

Improve the quality of your walking by joining an On the Move group exercise program.

WHO IS THE PROGRAM FOR?

People who:

- > Want to improve their walking or balance
- > Are fearful of falling
- > Have chronic conditions such as arthritis, heart disease, or diabetes
- > Can walk on their own but may be unsteady or have some difficulty
- > Want to exercise and have fun

SPECIAL EVENTS by Center

BETHEL PARK

CHRISTMAS IN JULY SUPER BINGO

Date: 7/25/25 | Time: 9:30 AM – 3:00 PM

Doors open at 9:30 AM

Cost: \$25 (must pay to reserve your spot)

Reserve a table for 8 for an extra \$10!

Sign Up By: 7/11/25

Christmas themed event includes 20 rounds of bingo, vendor tables, lunch, Share the Wealth and more! \$500 Jackpot!

Extra bingo cards sold separately. Bring extra \$ for Share the wealth and shop for some early Christmas gifts before bingo, we will have a few vendor tables.

Lunch Menu: Peach BBQ Pulled Pork, Coleslaw, Chuckwagon Corn, Roll, Cinnamon Crumb Cake, Fruit, and Milk.



CHARTIERS

LUNCH BUNCH OUTING

Date: 7/16/25 | Time: 11:30 AM

Central Diner in Robinson Township

Pay for your own lunch | No transportation provided - must drive/get ride



RED HATS LUNCHEON

Date: 7/22/25 | Time: ____

Picnic in the Park

No transportation provided - must drive/get ride.



IMPERIAL

FREE SHOES FOR ALL LIFESPAN ACTIVE LIFE CENTER PARTICIPANTS

Date: 7/18/25 | Time: 10:00 AM until 2:00 PM

Sponsored By Republic Airways and Samaritan's Feet

Each participant who orders shoes will need to come to the Imperial Lifespan location to try on their new shoes. Each participant will receive a Hope Tote drawstring bag with new lightweight, anti-slip, anti-skid shoes, new socks, hygiene kit and information on Fall Prevention along with an encouraging message of Hope from our volunteers.

SPECIAL EVENTS by Center

MON VALLEY

PICNIC IN THE PARK (BLUE TOP PAVILLION)

Date: 7/17/25 | Time: 9:00 AM - 2:00 PM

Cost: \$20/person

Sign Up By: 7/07/25 (NO EXCEPTIONS)

We will be enjoying a delicious box lunch and playing bingo, **starting at 9:30 AM**, horseshoes, cornhole and more!

Jerry De'Maria will be performing 12:30-2:00 PM. Hear your favorites oldies and more!

For \$20 you will receive a box lunch, coffee, soft drinks, tea and water, treat bag, 2 regular bingo cards, 2 special cards and a coverall. **(Additional cards are \$.50 Each).**



SATURDAY BINGO

Date: 7/19/25 | Time: 10:00 AM - 2:00 PM

Cost: \$25/person

20 Regular Games, specials, and jackpot included with package!



STEEL VALLEY

No Special Events this Month



LifeSpan - Steel Valley 412-233-4847
530 Miller Ave., Clairton, PA 15025 **CALL TODAY TO RESERVE A SPOT!**

All Welcome No ID Required Register at 1st Visit

APPOINTMENT REQUIRED

PLEASE CALL IF YOU CANNOT MAKE APPOINTMENT

WAIT LIST IS KEPT FOR NO-SHOWS/CANCELLATIONS

JULY thru DECEMBER DATES

Thanks to the support of The Pittsburgh Foundation we have added dates in BLUE!

JULY

Monday, 7th
Tuesday, 8th
Monday, 21st
Tuesday, 22nd

AUGUST

Monday, 4th
Tuesday, 5th
Monday, 25th
Tuesday, 26th

SEPTEMBER

Tuesday, 2nd
Monday, 8th
Monday, 22nd
Tuesday, 23rd

OCTOBER

Monday, 6th
Tuesday, 7th
Monday, 27th
Tuesday, 28th

NOVEMBER

Monday, 3rd
Tuesday, 4th
Monday, 24th
Tuesday, 25th

DECEMBER

Monday, 1st
Tuesday, 2nd
Monday, 8th
Tuesday, 9th



LifeSpan Steel Valley Active Life Center

530 Miller Ave.
Clairton, PA 15025

3rd Tuesday of the Month

412-233-4847

1:00 PM - 3:00 PM

All Welcome No ID Required Register at 1st Visit

2025 DATES

JANUARY 21ST

FEBRUARY 18TH

MARCH 18TH

APRIL 15TH

MAY 20TH

JUNE 17TH

JULY 15TH

AUGUST 19TH

SEPTEMBER 16TH

OCTOBER 21ST

NOVEMBER 18TH

DECEMBER 16TH

VOLUNTEERS ALWAYS NEEDED - CALL 412-233-4847



OPT/ACCESS TRIPS by Center

MUST ALREADY BE SIGNED UP WITH OPT & ACCESS | HAVE MONEY IN ACCOUNT

MUST ARRIVE 15 MINUTES BEFORE PICK UP TIME | TIMES SUBJECT TO CHANGE

BETHEL PARK

PHIPPS CONSERVATORY

JUNGLE QUEST FLOWER SHOW

Date: 7/10/25 | Time: 9:30 AM

Cost: \$22 per person

Sign Up by 7/02/25

OPT PICKUP AT 9:30 AM, OPT RETURN 1:00 PM



LUNCH BUNCH AT CHINATOWN INN

Date: 7/17/25 | Time: Reservation is for 11:30 AM

Sign Up by 7/10/25

OPT PICKUP AT 10:30 AM, OPT RETURN 1:30 PM



“UNDER THE SUN” QUILT SHOW

Date: 7/18/25 | Time: 9:30 AM

Cost: FREE

Sign Up by 7/11/25

OPT PICKUP AT 9:30 AM, OPT RETURN 1:00 PM



RIVERS CASINO TRIP

Date: 7/24/25 | Time: 10:00 AM

Sign Up by 7/17/25

OPT pickup 10:15 AM, OPT return 2:30 PM



STEEL VALLEY

RIVERS CASINO TRIP

Date: 7/9/25 | Time: 1:00 PM

Sign Up by 7/2/25

OPT pickup 1:00 PM, OPT return 7:00 PM

**CHARTIERS
IMPERIAL**

No Trips Scheduled at Time of Publication

OPT/ACCESS TRIPS by Center

MUST ALREADY BE SIGNED UP WITH OPT & ACCESS | HAVE MONEY IN ACCOUNT

MUST ARRIVE 15 MINUTES BEFORE PICK UP TIME | TIMES SUBJECT TO CHANGE

MON VALLEY

PITTSBURGH BOTANIC GARDEN

Date: 7/15/25 | Time: 10:00 AM

Sign Up by 7/08/25

OPT pickup 8:30 AM, OPT return 1:30 PM

Pick up Time: 8:30 AM (Must arrive between 9:00 AM-11:00 AM to receive FREE admission) but TBD by Access. You and a guest can receive FREE admission to the Garden if you are a UPMC for LIFE MEMBER. Please be ready to present your member ID card at check-in.

**Both you and your guest must be registered with OPT or Access.*



LUNCH BUNCH AT MAX & ERMA'S RESTAURANT

Date: 7/16/25 | Time: 10:15 AM

Sign Up by 7/09/25

OPT Pick Up Time: 10:30, OPT Return Time: 1:00 PM



RIVERS CASINO TRIP

Date: 7/28/25 | Time: 10:00 AM

Sign Up by 7/21/25

OPT pickup 10:00 AM, OPT return 3:00 PM



ZOO WALKS AT PITTSBURGH ZOO & AQUARIUM

Date: 7/23/25 | Time: 10:00 AM

Sign Up by 7/16/25

OPT pickup 8:30 AM, OPT return 2:30 PM

Pick up Time: 8:30 AM (Must arrive between 9:00 AM-11:00 AM to receive FREE admission) but TBD by Access. You and a guest can receive FREE admission to the Garden if you are a UPMC for LIFE MEMBER. Please be ready to present your member ID card at check-in.

**Both you and your guest must be registered with OPT or Access.*



TRAX FARM TRIP

Date: 7/29/25 | Time: 10:00 AM

Sign Up by 7/22/25

OPT pickup 10:00 AM, OPT return 1:30 PM

Day trip to Trax Farm to use your Farmer's Market Vouchers or spend your time shopping in the Home Décor and Gift Shop. Trax has homegrown and locally grown fruits and vegetables year-round. Enjoy lunch from their weekly hot food menu or one of their delicious sandwiches at the deli.



DAY/OVERNIGHT TRIPS by Center

PAYMENT IS DUE UPON SIGN UP TO SECURE YOUR RESERVATION

BETHEL PARK

TUIKA'S POLYNESIAN ISLAND MAGIC

Date: 8/20/25 | Time: 9:30 AM - 5:00 PM

Cost: \$165

Sign Up & Pay by: 8/06/25 (or until seats are filled)

Roundtrip transportation to the show, shopping at Das Dutch Village, Lunch & Matinee performance, Ward's Farmer's Market Stop, all taxes & gratuities included. Contact 412-831-7111 for more information. Checks are to be made payable to Passport to Pittsburgh



POTOMAC EAGLE & ROCKY GAP CASINO OVERNIGHT TRIP

Date: 10/05 - 10/06 | Time: 9:30 AM - 5:00 PM

Cost: \$575 (Double) or \$625 (Single)

Sign Up & Pay by: 8/06/25 (or until seats are filled)

Roundtrip transportation, Dinner at Penn Alps, Overnight accommodation at Rocky Gap Casino & Resort, \$20 gift card for Rocky Gap, Lunch and 3 hour train ride on the Potomac Eagle Scenic Railroad, stop at Top Fruit Market in Grandville MD. **Driver gratuity NOT includes (suggested \$5 pp, per day).**

Contact 412-831-7111 for more information.

Checks are to be made payable to Passport to Pittsburgh.



7 NIGHT ALASKAN CRUISE

Date: September 12th-20th, 2026

Cost: \$2,720-\$5,210

(depending on cabin selection and double/single occupancy)

MUST HAVE VALID PASSPORT

**** Please see flyer for detailed information!****

Includes airfare and one night stay in Seattle prior to cruise, all meals on board the Norwegian Encore, snacks, entertainment and more.

Payment Schedule:

ASAP - \$100 Nonrefundable Deposit Will Secure Your Spot

3/25/26 - Remaining \$150 Deposit

4/29/26 - Final Payment Due



DAY/OVERNIGHT TRIPS by Center

PAYMENT IS DUE UPON SIGN UP TO SECURE YOUR RESERVATION

CHARTIERS



FABULOUS 50'S WEEKEND IN WILDWOOD, NJ

Date: October 17th- 19th | Time: Meet at 6:30 AM

Cost: \$520

Sign Up By: \$100 non-refundable deposit due at time of sign up.

Must be signed up and paid in full by September 1st, 2025.

Enjoy two amazing nights of entertainment including a Sock Hop and a 50's Concert. The concert will include performances by The Pointer Sisters, the Spinners and many more. Also includes a trip to the Casino.

IMPERIAL

No Trips Scheduled

MON VALLEY

CHRISTMAS IN NEW YORK CITY

Date: December 15th- 17th

Cost: \$850

\$100 non-refundable deposit due when signing up.

Must be paid in full by October 16th, 2025.

**** See Flyer for more Information ****

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, and Macy's Herald Square.



STEEL VALLEY *No Trips Scheduled*

UPCOMING EVENTS

Next or Following Months

BETHEL PARK

AARP DRIVING SAFETY COURSE

Date: 9/23/25 | Time: 9:30 AM - 2:00 PM

Cost: \$20/AARP MEMBERS | \$25/NON-AARP MEMBERS

Payment due on day of class. Checks preferred, make out to AARP.

Sign Up By: 9/15/25

Take the AARP Driver Safety Classroom Course! Learn proven safety strategies to maintain your confidence behind the wheel. *Plus, you could get a great discount of up to 5% depending on your car insurance for 3 years. (You must consult with your insurance agent).



CHARTIERS

No events scheduled at this time.

IMPERIAL

No events scheduled at this time.

MON VALLEY

END OF SUMMER CELEBRATION

Date: 8/22/25 | Time: 10:00 AM - 2:00 PM

Cost: \$15/person

Sign Up By: Monday 08/11/25 (NO EXCEPTIONS)

Celebrate the end of summer with friends at LifeSpan and make some memories, too!

Activities will begin at 10:00 AM

Appetizers will be served at 10:30 AM

Lunch will be served at 11:15 AM

DJ Ray and Tracy will perform at 12:30 PM some of your favorite oldies & there will be karaoke to sing along, too! Treat bag, party favor and more!

Wear RED, WHITE and BLUE and receive a ticket to win a door prize!



Next or Following Months

MON VALLEY



AARP DRIVING SAFETY COURSE

Date: 8/05 & 8/06 | Time: 12:00 PM - 4:00 PM

Cost: \$20/AARP MEMBERS | \$25/NON-AARP MEMBERS

Payment due on day of class. Checks preferred, make out to AARP.

Sign Up By: 7/30/25 (NO EXCEPTIONS)

*Take the AARP Driver Safety Classroom Course! Learn proven safety strategies to maintain your confidence behind the wheel. *Plus, you could get a great discount of up to 5% depending on your car insurance for 3 years. (You must consult with your insurance agent).*

STEEL VALLEY

No Upcoming Events Scheduled



Bethel Park | Chartiers | Imperial | Mon Valley | Steel Valley

2025 Membership Drive

What does the Membership Include*?

- *ACTIVITIES MAY VARY BY CENTER
- Book Club
- Out to Lunch Trips
- Recreation Room
- Monthly Casino Trips
- Pool Table
- Shopping Trips
- Computers
- Speakers
- Wii Bowling
- Free Wi-Fi
- Trip Discounts
- Party Discounts
- Daily Exercise
- Card Clubs
- Crafts
- Monthly Giveaway
- Advisor Committee

**RENEW
OR
SIGN UP
TODAY!**



The Advisory Committee

The advisory committee meets once a month and is comprised of a group of Center Participants that wish to have an impact on :

- Promotional Ideas and public awareness
- Help develop subcommittees
- Contribute input and feedback
- Aid with Organizational and Center Development
- Strategic planning and decision making

\$10⁰⁰
DONATION

Have a Question?
Ready to Sign Up?

Talk to a LifeSpan Employee or Volunteer!

Perks Card Included!

A complementary Perks Card is included with every Membership. The card has five "Perks" that can be used throughout the year, at the users' discretion.

Every Center will have different ways to use the Perks. They will announce "Perk" days/items in their newsletter or announcements.

*A word of caution:
The Perks Card is given out with a paid Membership.
Once the 5 Perks run out, that is all that you get.*



Bethel Park | Chartiers | Imperial | Mon Valley | Steel Valley

VOLUNTEERS NEEDED

[illegible]

CONTACT YOUR LOCAL CENTER FOR OPEN VOLUNTEER OPPORTUNITIES!

Bethel Park - 412-831-7111

Mon Valley - 412-664-5434

Chartiers - 412-276-5056

Steel Valley - 412-233-4847

Imperial - 724-218-1669

ADVISORY MEETINGS

LET YOUR VOICE BE HEARD!

The advisory committee meets once a month to help with center promotional ideas, help spread public awareness of LifeSpan's mission and vision. The committee also contributes input, feedback, and organizational/center development.



BETHEL PARK

Wednesday, July 9th at 10:00 AM

CHARTIERS

Wednesday, July 2nd at 10:00 AM

IMPERIAL

* Always on 2nd Wednesday of the Month *
Wednesday, July 9th at 10:00 AM

MON VALLEY

* Always on 2nd Wednesday of the Month *
Wednesday, July 9th at 12:15 PM

STEEL VALLEY

* Always on 3rd Thursday of the Month *
Wednesday, July 17th at 12:30 PM

BETHEL PARK

Monday thru Friday
9:00 AM to 3:00 PM

5151 Park Avenue
Bethel Park, PA 15102
(412) 831-7111

Christie Retharge
Center Supervisor

Kerrienne Troesch
Activity Aide

IMPERIAL

Monday thru Friday
9:00 AM - 3:00 PM

540 Penn Lincoln Dr
Imperial, PA 15126
(724) 218-1669

Claudette Biers
Center Supervisor

Carole Weldon
Activity Aide

CHARTIERS

Monday thru Friday
9:00 AM to 3:00 PM

300 Lincoln Avenue
Carnegie, PA 15106
(412) 276-5056

Claudette Biers
Site Supervisor

MON VALLEY

Monday thru Friday
9:00 AM TO 3:00 PM

4313 WALNUT STREET
McKeesport, PA 15132
(412) 664-5434

Amy Marcic
Center Supervisor

Kerrienne Troesch
Activity Aide

STEEL VALLEY

Monday thru Friday
9:30 AM to 2:00 PM

530 Miller Ave
Clairton, PA 15025
(412) 233-4847



Amy Marcic
Center Supervisor

Center Services Associate Directors

Michelle Craven
412-464-1300 ext 149

Sami Styche
412-464-1300 ext 127



Mon	Tue	Wed	Thu	Fri
 7 Meatloaf w/Gravy (1 SI Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	1 Petite Beef Tenderloin Medallions (1 SI Beef w/Au Jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711	2 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 Tbsp Tomatoes, 1 Tbsp Cucumber, 1/4 Avocado) & Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770	3 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta Banna Bread w/Margarine Fresh Apple Cal 716	4 Centers Closed 
7 Meatloaf w/Gravy (1 SI Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	8 Turkey & Smoked Gouda Sandwich (1 SI Turkey, 1 SI Cheese) w/WW Sandwich Roll 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 694	9 Country Fried Steak (1 Breaded Beef Patty w 1/4 C Creamy Gravy) Cal 941 1/2 C Mashed Potatoes 1/2 C Maple Glazed Carrots WW Bread w/Margarine 1 SI Pound Cake w 1/4 C Berries	10 Southern BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sauteed Greens 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 614	11 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean and Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS Cup Guacamole Cal 601
14 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Bread w/Margarine 1/2 C Fresh Watermelon Cal 655	15 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 728	16 Deli Plate (1/4 C Tuna Salad, 1/2 C Chicken Salad) 1 C Lettuce, Cukes, Tomatoes 1/2 C Broccoli Cheese Soup WW Bread w/Margarine 1Pkg Berry Vanilla Cookies 1/2 C Fresh Cantaloupe Cal 766	17 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Stir-Fried Rice WW Bread w/Margarine Fresh Orange Cal 611	18 Stuffed Shells (2 Shells w Cheese & Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Diced Pears Cal 653
21 Garlic Parmesan Meatballs (2 Meatballs w/Garlic Parmesan Sauce) 1/2 C Broccoli & Red Peppers 1/2 C Tossed Salad w/Dressing 1/2 C Buttered Rotini Bread w/Margarine 1/2 C Jello Cal 842	22 Butter Chicken (1 Chicken Breast w/Butter) 1/2 C Green Beans & Tomatoes 1/2 C Brown Rice w/Carrots & Raisins 1/2 C Diced Mango 1 Sugar Cookie Cal 732	23 Pulled Pork Sandwich (1/2 C Pulled Pork w/Sandwich Roll & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuck Wagon Corn Fresh Pear Cal 721	24 Honey Mustard Chicken Salad (3/4 C Diced Chicken) Salad (2 C Lettuce/2 Tbsp Tomato/2 Tbsp Cucumber) w/Dressing Packet 1 C Tomato Soup 2 SI WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 665	25 Spanish Omelet (1 Omelet/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
28 Smothered Pork (1 SI 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	29 Pub Steak Cheesburger (1 Beef Patty, 1 SI Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges WW Sandwich Roll Fresh Apple Ketchup Cal 889	30 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	31 Macaroni & Cheese (1 C Macaroni & Cheese) 1 1/2 C Strawberry Spinach Salad (1 C Spinach, 1/4 C Strawberries, 1/4 C Diced Chicken & Dressing) 1 Mini Loaf Blueberry Bread Cal 731	