

All Centers will be

CLOSED

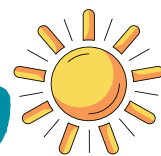
Thursday, June 19th

Juneteenth



JUNE 24TH

The Senior Scoop



JUNE 2025



2025 Walk For A Healthy Community
HIGHMARK | Bright Blue Futures
 100% Of Funds Raised Goes Directly To LifeSpan

HOW YOU CAN HELP SUPPORT LIFESPAN :

1) Join us on June 14th at the Walk

2) Make a Donation!

<http://hcf.convio.net/lifespan-senior-svs>



MUST ATTEND WALK TO RECEIVE A HIGHMARK T-SHIRT

\$30

DONATION

Receive a Highmark T-shirt (while supplies last)

\$40

DONATION

Receive a LifeSpan T-Shirt and Highmark T-shirt (while supplies last)

\$20

DONATION

Receive a LifeSpan T-Shirt
 NO WALKING REQUIRED

WE WELCOME AND APPRECIATE ALL DONATIONS

DONATIONS WILL BE ACCEPTED UNTIL JUNE 30th



Join or Renew Your Membership

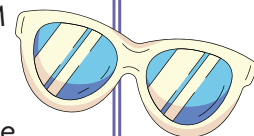


Daily Lunch Service

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!

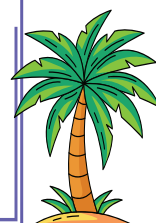


A suggested donation of **\$2.00** is appreciated!

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.



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REGULAR MONDAY ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track

12:15 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

KNOXVILLE

No Activities Scheduled



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

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

2nd Monday of the month | 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.

GET YOUR HOUSE READY TO SELL, TIPS/RECOMMENDATIONS

Date: 6/9/2025 | Time: 11:30 AM

Presented by: Kelly - Hang your Hat Properties
Caroline - Realty ONE Group Platinum

TOP 10 SCAMS FOR SENIORS

Date: 6/23/2025 | Time: 11:30 AM

PA Attorney General, Phil Little

FREE Informational session

QUILTING CLUB

2nd and 4th Mondays | Time: 12:30 PM - 2:00 PM

Come meet some amazing quilters and join our group!

SAIL-INSPIRED EXERCISE CLASS

Date: 6/9/2025 | 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.*

MENS GROUP

Date: 6/30/25 | Time: 10:00 AM - 11:00 AM.

Registration preferred.

*Come and join other men, make new friends and "shoot the breeze". Drop by for an hour of conversation, current events and more. **FREE** coffee!*

CHARTIERS

No Special Activities Scheduled

KNOXVILLE

No Special Activities Scheduled

IMPERIAL

EMERGENCY MEDICAL STAR MEDICAL ALERTS

Date: 6/16/25 | Time: 11:00 AM

ADULT BULLYING

Date: June 30 | 11:00 AM

Presented by the PA Office of Attorney General

MON VALLEY

BRIDGES TO CARE (MCKEESPORT, PA)

Date: 06/02/25 | Time: 10:45 AM - 11:15 AM

Joe Angelelli will be discussing his SOCIAL DETERMINANTS OF HEALTH ACCELERATOR PLAN for and about McKeesport. He will discuss data collected about our citizens in the city and resources available for senior citizens.

ALLEGHENY TREASURER

Date: 06/09/25 | Time: 10:45 AM-11:30 AM

Dominic would like to share with our seniors the many different programs he has to offer, from dog license to fishing licenses. Dominic will also be discussing senior property tax relief and answering any questions our seniors may have.

CARE COMFORT HOSPICE

(A Hand to Hold, a Shoulder to Lean On, a Time to Cherish)

Date: 06/16/25 | Time: 10:45 AM - 11:30 AM

Join Kristy and play a fun game of bingo for a chance to win some prizes and learn what Comfort Care Hospice is all about!

RTZ PROPERTIES

Date: 06/30/25 | Time: 10:30 AM-11:30 AM

Thinking of selling your home?

Tara Zaluski and Todd will discuss partnering with affordable contractors, and reliable sources to make safer homes, build stronger communities and make a better living environment for you!

STEEL VALLEY

BREAKFAST FUNDRAISER

Date: 6/16/25 | Time: 9:30 AM - 10:00 AM

Cost: \$5

Sign Up by June 9, 2025

Includes Pancakes & Sausage

JUNE BIRTHDAY PARTY

Date: 6/23/25 | Time: 12:30 PM - 1:30 PM

Cost: \$7 Extra Sandwich: \$2

Sign Up By: June 16, 2025

Includes Sub Sandwich, Chips, Drink, & Cake

REGULAR **TUESDAY** 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 June 24th
Come & learn the latest rage:
"Boots on the Ground"
Clacker Fans available for \$2

10:30 AM Hand and Foot

Line Dancing

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.*



KNOXVILLE

10:30 AM Bingo
\$1 per Card



IMPERIAL

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

11:30 AM Euchre (Experienced players)

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

LUNCH BUNCH AT GRANT'S

Date: 6/17/25 | Time: Reservation is for 11:30 AM

Sign up by Tuesday, 6/10/25

OPT PICKUP AT 10:30 AM, OPT RETURN 1:30 PM (must be signed up for ACCESS/OPT to take group transportation)

PLEASE ARRIVE 15 MINUTES EARLY FOR TRANSPORTATION!!

PIZZA DAY

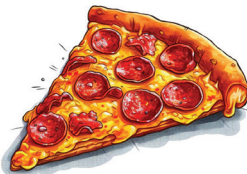
Date: 6/24/25 | Time: 11:45 AM

Cost: \$2 per slice or 2 PERKS

Sign Up and Payment due by June 18th

No refunds for no shows!

Choose from Cheese or Pepperoni.



LEARN TO PLAY PINOCHLE

Dates: June 3rd, 10th & 17th | Time: 1:00 PM

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

CHARTIERS

BLOOD PRESSURE CHECK

Date: 6/17/25 | Time: 10:30 AM - 11:30 AM

Sponsored by Oak Street Health

No charge & No Sign-Up Required



PODIATRIST

Date: 6/24/25 | Starting at 9:15 AM

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!).*

KNOXVILLE

No Special Activities Scheduled

IMPERIAL

CLEAR CAPTIONS

Date: 6/10/25 | 11:00 AM

FREE informational session.



ClearCaptions®

MON VALLEY

FLIP FLOP CRAFT WITH AMY

Date: 06/17/25 | Time: 12:30 PM

Cost: \$10 each



STEEL VALLEY

CRAFT

Date: 6/3/25 | Time: 12:00 PM

Sponsored By CCAC

A1-C PRESENTATION, HEALTH SCREENINGS & HEALTH EDUC. BINGO

Date: 6/3/25 | Time: 11:00 AM - 1:00 PM

Sponsored by Bridge to Health & Duquesne University

SHOP THRU FOOD PANTRY

Date: 6/3/25 | Time: Given w/ Registration

RESERVATION REQUIRED!

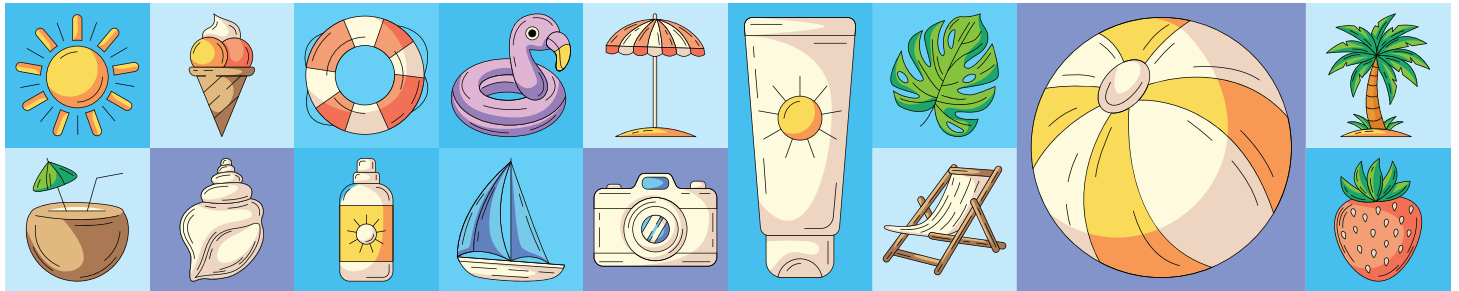
DRIVE THRU FOOD PANTRY

Date: 6/20/25 | Time: 1:00 PM - 3:00 PM

REGULAR **WEDNESDAY** ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM	Walking Track
12:00 PM Deadline	Bingo Cards for Sale <i>Bring small bills!</i> <i>Bingo prices & prizes vary.</i> 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 <i>Supplies not provided.</i> <i>Instructor: Ann McCartney</i>
9:30 AM - 12:00 PM	Bridge \$2 to play <i>Contact George or Amy for info.</i>

KNOXVILLE

No Activities Scheduled

IMPERIAL

9:15 AM - 10:45 AM	Line Dancing \$2 per class
10:00 AM	Mahjong (All Welcome)
12:00 PM	Rummikub
1:00 PM	Knit & Crochet
2:00 PM - 2:45 PM	Cardio Drumming

MON VALLEY

10:30 AM - 11:30 AM	Coloring, Coffee, & Conversation
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	Karoke

SPECIAL WEDNESDAY ACTIVITIES

BETHEL PARK

PAIN AND NEUROPATHY PRESENTATION

Date: 6/4/25 | Time: 11:30 AM

Sponsored by ABBOTT PT.

BLOOD PRESSURE SCREENINGS

Date: 6/11/25 | Time: 10:30 AM-11:30 AM

Sponsored By OSPTA

ADVISORY COMMITTEE MEETING

Date: 6/11/25 | Time: 11:00 AM

HOT DOG DAY

Date: 6/18/25 | Time: 11:45 AM

Cost: \$1 or 1 perk per hotdog

Sign up and pay by 6/11/25

CHARTIERS

ADVISORY COMMITTEE MEETING

Date: 6/4/25 | 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 Red Book by James Patterson.

The next book will be The Neighbor by Lisa Gardner.

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.

KNOXVILLE

No Special Activities Scheduled

IMPERIAL

ADVISORY COMMITTEE MEETING

Date: 6/11/25 | 10:00 AM



MON VALLEY

MARIANNA HOAGIE/PIZZA FUNDRAISER PICK UP

Date: 6/4/25

Time: 1:00 PM in the café area

ADVISORY COMMITTEE MEETING

Date: 6/4/25 | Time: 12:15 PM

PODIATRIST

Date: 2nd Wednesday of Every Month | 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!).*

CCAC ART CLASS WITH LINDA

Date: 06/11/25 | Time: 10:00 AM - 12:00 PM

Sign up by 06/10/25

Only 12 spots available (no exceptions)

CCAC ART CLASS WITH LINDA

Date: 6/18/25 | Time: 10:00 AM - 12:00 PM

Sign up by 06/17/25

Only 12 spots available (no exceptions)



DUQUESNE UNIVERSITY HEALTH SCREENINGS

Date: 6/18/25 | Time: 10:30 AM - 12:00 PM

STEEL VALLEY

LUNCH BUNCH GATEWAY GRILLE

Date: 6/11/25 | Time: 11:00 AM

Sign up by 6/2/25

HOT DOG PERK DAY

Date: 6/18/25 | Time: 12:00 PM

Cost: \$1 or 1 Perk per Hot Dog

Sign up and pay by 6/11/25

ADVISORY COMMITTEE MEETING

Date: 6/18/25 | 10:00 AM



REGULAR THURSDAY ACTIVITIES

BETHEL PARK

9:00 AM - 3:00 PM Walking Track

IMPERIAL

10:30 AM - 3pm

500 Bid

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

Line Dancing

12:00 PM - 1:00 PM Games

1:00 PM - 2:00 PM Chair Exercise

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

KNOXVILLE

10:30 AM Bingo
\$1 per Card



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



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

IRISH STEP DANCING INTRO

Date: 6/12/25 | Time: 10:30 AM-11:00 AM

Sponsored By Sarah from Spencer Family YMCA

Sign Up Recommended

This **FREE** class will learn to do the Irish Step dance, no experience needed.

BETHANY HOSPICE SPEAKER

Date: 6/5/25 | Time: 11:30 AM

FREE Informational session with Maria Spath.

LEARN TO PLAY PINOCHLE

Dates: June 12th & 19th | Time: 1:00 PM

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

JCC VIRTUAL ACADEMY PRESENTATION

Date: 6/12/25 | Time: 11:30 AM

Learn about what the JCC has to offer virtually in the comfort of your own home.

SAIL-INSPIRED EXERCISE CLASS

Date: 6/26/2025 | 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.

CHARTIERS

No Special Activities Scheduled

KNOXVILLE

No Special Activities Scheduled

IMPERIAL

No Special Activities Scheduled

MON VALLEY

No Special Activities Scheduled

STEEL VALLEY

COMMUNITY LIFE SPEAKER

Date: 6/12/25 | Time: 9:30 AM

FREE Informational session with Chelsey.



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 June 10th
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

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.*



KNOXVILLE

No Activities Scheduled

IMPERIAL

- 10:00 AM Mahjong (All Welcome)

- 12:30 PM Movie



MON VALLEY

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

- 12:00 PM - 2:00 PM UNO Card game



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

SPECIAL FRIDAY ACTIVITIES

BETHEL PARK

LEARN TO PLAY PINOCHLE

Dates: June 6th, 13th, & 27th | Time: 1:00 PM

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

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.

BETHANY HOSPICE

Date: 6/20/25 | Time: 10:30 AM to 11:30 AM

FREE informational session focusing on dementia.

"Losing the Person We Once Knew"

500 BID

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

\$2 to Play

Contact Mary Cay for more information.

MOVIE DAY

2nd and 4th Friday of the month | Time: 9:00 AM

\$2 for Movie and snack

Week 2 movie "The Adam Project"

Week 4 movie is "6 Underground"

CRAFTS

3rd Friday of the month | Time: 9:00 AM to 11:00 AM

Cost: \$2

Must sign up in advance.

Contact Jo Ann for more information.



KNOXVILLE

No Special Activities Scheduled

IMPERIAL

No Special Activities Scheduled

MON VALLEY

ON THE MOVE WALKING CLASS WITH AMY

Dates: June 6th & 10th | Time: 10:00 AM-10:45 AM

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

DUQUESNE UNIVERSITY HEALTH SCREENINGS

Date: 06/06/25 | Time: 10:30 AM - 12:00 PM

POP BOTTLE PAINTING WITH AMY

Date: 06/13/25 | Time: 12:30 PM

Cost: \$6 each

(Only 12 spots available)



HELLO SUMMER! PARTY

Date: 6/20/25 | Time: 10:00 AM - 2:00 PM

Cost: \$20 per person ~ \$15 w/ Perk Card

Sign Up by 6/11/25 (no exceptions)

See Page 12 for more information.

STEEL VALLEY

No Special Activities Scheduled

SPECIAL EVENTS by Center

BETHEL PARK *No Special Events this Month*

CHARTIERS

LUNCH BUNCH OUTING

Date: 6/18/25 | 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: 6/28/25 | Time: 11:30 AM

Golden Corral in Robinson Township

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



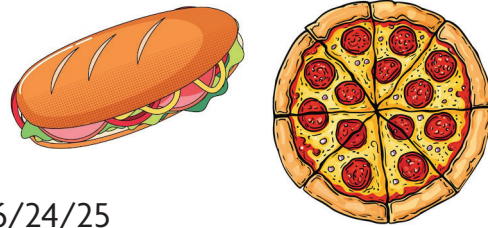
IMPERIAL

HOAGIE/PIZZA FUNDRAISER

Date: 5/27/25 thru 6/13/25

\$10 per hoagie or pizza

Order & Pay by 6/13/25 | Pick up on 6/24/25



MON VALLEY

HELLO SUMMER! PARTY

Date: Friday 06/20/25 | Time: 10:00 AM - 2:00 PM

Cost: \$20/person or \$15 w/ perk card

Sign Up By: Wednesday 06/11/25 NO EXCEPTIONS!

Come and enjoy a beach themed party! Wear your favorite summer beach outfit and receive a ticket for a chance to win a door prize!

Activities will begin at 10:00 AM.

Appetizers will be served at 10:30 AM, lunch will be served at 11:15 AM.

Singer Brian Mahan will be performing at 12:30 PM singing some of your favorite summer oldies. Treat bags, party favor and more!



SATURDAY BINGO

Date: 6/21/25 | 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*

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

RIVERS CASINO TRIP

Date: 6/26/25 | Time: 10:00 AM

Sign Up by 6/18/25

OPT pickup 10:15 AM, OPT return 2:00 PM



LUNCH BUNCH AT GRANT'S

Date: 6/17/2025 | Time: Reservation is for 11:30 AM

Sign Up by 6/10/25

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



PIRATES VS GIANTS GAME

In Section 103

Date: 8/6/25 | Time: 12:35 PM, Game Start

Cost: \$45 (Includes \$15 loaded value for food)

Sign Up by 6/20/25

OPT Pick Up 11:00 AM, OPT Return 4:00 PM



IMPERIAL

LUNCH BUNCH AT BELLASARIO'S RESTAURANT

Date: 6/20/25

Sign Up By: 6/12/25

OPT Pick Up Time: 10:00 AM OPT Return Time: 2:30 PM



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

RIVERS CASINO TRIP

Date: 6/30/25 | Time: 10:00 AM

Sign Up by 6/23/25

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



LUNCH BUNCH AT FOX'S DINER

Date: Tuesday 06/17/25 | Time: 10:15 AM

Sign Up by 6/10/25

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



STEEL VALLEY

RIVERS CASINO TRIP

Date: 6/4/25 | Time: 1:00 PM

Sign Up by 5/28/25

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



LUNCH BUNCH AT GATEWAY GRILL (MONROEVILLE)

Date: 06/11/25 | Time: 11:00 AM

Sign Up by: 6/2/25

OPT Pick Up Time: 11:00, Return Time: 1:00 PM



DAY/OVERNIGHT TRIPS by Center

PAYMENT IS DUE UPON SIGN UP TO SECURE YOUR RESERVATION

BETHEL PARK

7 NIGHT ALASKAN CRUISE

Date: September 12th-20th, 2026

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

(depending on cabin selection and double/single occupancy)

Sign Up By: \$100 Nonrefundable deposit holds your spot

Remaining \$150 Deposit due by March 25, 2026

Final payment due April 29, 2026.

**** 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.

Must have valid passport.



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.



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.



UPCOMING EVENTS

Next or Following Months

BETHEL PARK

CHRISTMAS IN JULY SUPER BINGO

Date: 7/25/2025 | Time: 9:30 AM – 3:00 PM

Doors open at 9:30 AM

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

Sign Up By: 7/11/2025

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

Extra bingo cards sold separately. Reserve a table for 8 for an extra \$10!



CHARTIERS

FREE SHOES FOR ALL LIFESPAN ACTIVE LIFE CENTER PARTICIPANTS

Date: July 18th, 25 | Time: 10:00 AM until 2:00 PM

Imperial Lifespan - 540 Penn Lincoln Drive Imperial, PA 15126

Sponsored By Republic Airways and Samaritan's Feet

Sign Up By: 6/20/25 AT YOUR CENTER

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.

IMPERIAL

4TH OF JULY PARTY

Date: 7/3/25 | Time: Lunch served at 11:00

Cost \$15.00

Sign Up by 6/26/25

Lunch: Grilled Kielbasa, Croatian Sauerkraut, Anti Pasta Salad, Corn And Cherry Sundae (meals are not provided by Metz for this event and may be taken home)

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.



UPCOMING EVENTS

Next or Following Months

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!

*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).** Jerry de'maria will be performing 12:30-2 pm. Hear your favorites oldies and more!*



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!



STEEL VALLEY

No Upcoming Events Scheduled

2025 Membership Drive

What does the Membership Include*?

*ACTIVITIES 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 Giveaways
Advisory Committee

**RENEW
OR
SIGN UP
TODAY!**

**\$10⁰⁰
DONATION**



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

Talk to a LifeSpan Employee or Volunteer to Sign Up!

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 once a year. Once the 5 Perks run out, you will be out of perks until the next year.

If the perks card gets lost or stolen, it will be up to the Site Manager if it will be replaced.

New Membership Year Dates!

**January 1st
Thru
December 31st**

Please note in 2026 there will be an increase in the requested donation to \$15 per year.

[illegible]

Steel Valley - 412-233-4847



Indoor Pantry Shop Thru

LifeSpan - Steel Valley

530 Miller Ave., Clairton, PA 15025

412-233-4847

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

2025 DATES

JANUARY

Monday, 6th
Tuesday, 7th

APRIL

Tuesday, 1st
Monday, 7th

JULY

Monday, 1st
Tuesday, 7th

OCTOBER

Monday, 6th
Tuesday, 7th

FEBRUARY

Monday, 3rd
Tuesday, 4th

MAY

Monday, 5th
Tuesday, 6th

AUGUST

Monday, 4th
Tuesday, 5th

NOVEMBER

Monday, 3rd
Tuesday, 4th

MARCH

Monday, 3rd
Tuesday, 4th

JUNE

Monday, 2nd
Tuesday, 3rd

SEPTEMBER

Tuesday, 2nd
Monday, 8th

DECEMBER

Monday, 1st
Tuesday, 2nd





**DRIVE
THRU**

FREE FOOD DISTRIBUTION

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

JULY 15TH

FEBRUARY 18TH

AUGUST 19TH

MARCH 18TH

SEPTEMBER 16TH

APRIL 15TH

OCTOBER 21ST

MAY 20TH

NOVEMBER 18TH

JUNE 17TH

DECEMBER 16TH

VOLUNTEERS ALWAYS NEEDED - CALL 412-233-4847



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, June 11th at 10:00 AM

CHARTIERS

Wednesday, June 4th at 10:00 AM

IMPERIAL

* Always on 2nd Wednesday of the Month *
Wednesday, June 11th at 10:00 AM

MON VALLEY

* Always on 2nd Wednesday of the Month *
Wednesday, June 11th at 12:15 PM

STEEL VALLEY

* Usually on 3rd Thursday of the Month *
Wednesday, June 18th at 12:30 PM

Center Services Associate Directors

Michelle Craven

412-464-1300 ext 149

Sami Styche

412-464-1300 ext 127

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

Kerriane Troesch
Activity Aide

KNOXVILLE

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

320 Brownsville Road
Pittsburgh, PA 15210
(412) 420-8147

Claudette Biers
Site Supervisor

Diane Cole
Site Coordinator

CHARTIERS

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

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

Claudette Biers
Site Supervisor

Carole Weldon
Activity Aide

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

Kerriane 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

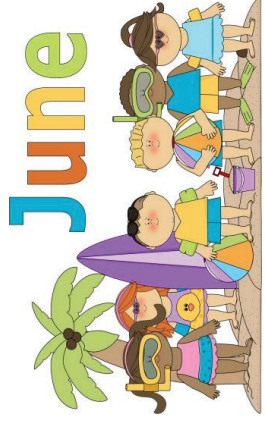
STEEL VALLEY

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

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

Amy Marcic
Center Supervisor

Jozette E. Gates
Site Coordinator



Mon	Tue	Wed	Thu	Fri
2 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	3 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	4 Deli Plate (1/3 C Tuna Salad, 1/4 C Chicken Salad) 1 C Lettuce, Cukes, Tomatoes 1 C Broccoli Cheese Soup WW Bread w/Margarine 1 Pkg Berry Vanilla Cookies 1/2 C Fresh Cantaloupe Cal 766	5 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir-Fry Vegetables 1/2 C Stir-Fry Rice WW Bread w/Margarine Fresh Orange Cal 611	6 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
9 Garlic Parmesan Meatballs (2 Meatballs w/Garlic Parmesan Sauce) 1/2 C Broccoli & Red Peppers 1 C Tossed Salad w/Dressing Bread w/Margarine 1/2 C Jello Cal 842	10 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	11 Pulled Pork Sandwich (1/2 C Pulled Pork w/Sandwich Roll & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn Fresh Pear Cal 721	12 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 WW Bread e/Margarine 1/2 C Fresh Fruit Salad Cal 665	13 Spanish Omelet (1 Omelet/Cheese/Salsa) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Croissant w/Margarine 1/2 C Greek Yogurt w/1/4 Cup Berries Cal 600
16 Smothered Pork (1 Sl Pork, w/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	17 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 Fresh Apple Ketchup Cal 889	18 Hawaiian Chicken (1 Grilled Chicken Breast, Pine-apple, Sweet & Sour Sauce) 1/2 C Stir-Fry Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Margarine Cal 620	Centers Closed	
23 Peppered Egg Salad Sandwich w/WW Roll (1 C Egg Salad w/ Bell Peppers) 1/2 C tomato Cuke Salad 1 C Garden Veggie Soup 1/2 C Diced Peaches Cal 667	24 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	25 Firehouse Chili (1/2 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	26 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/1/4 C Peaches Cal 810	27 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing Bread Oatmeal Cookie Cal 729
30 Breaded Dill Chicken Sandwich w/WW Roll (1 Breaded Dill Chicken Breast) 1/2 C Tom/Cuke Salad w/Mayo 1/2 C Chickpea, Kale, Edamame, Quinoa Blend Fresh Cantaloupe Cal 650	