

All Centers will be

**CLOSED**

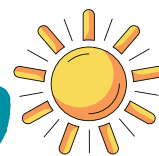
**Thursday, June 19<sup>th</sup>**

Juneteenth



**JUNE 24<sup>TH</sup>**

# 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 14<sup>th</sup> 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 30<sup>th</sup>



**Join or Renew Your Membership**

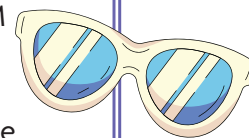


**Daily Lunch Service**

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!

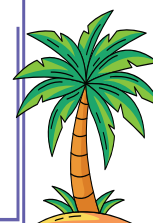


A suggested donation of **\$2.00** is appreciated!

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

2<sup>nd</sup> 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

2<sup>nd</sup> and 4<sup>th</sup> 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 10<sup>th</sup>*  
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

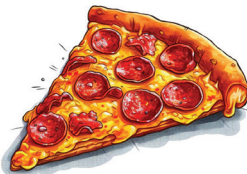
Date: 6/24/25 | Time: 11:45 AM

**Cost: \$2 per slice or 2 PERKS**

Sign Up and Payment due by June 18<sup>th</sup>

No refunds for no shows!

Choose from Cheese or Pepperoni.



### LEARN TO PLAY PINOCHLE

Dates: June 3<sup>rd</sup>, 10<sup>th</sup> & 17<sup>th</sup> | 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!**

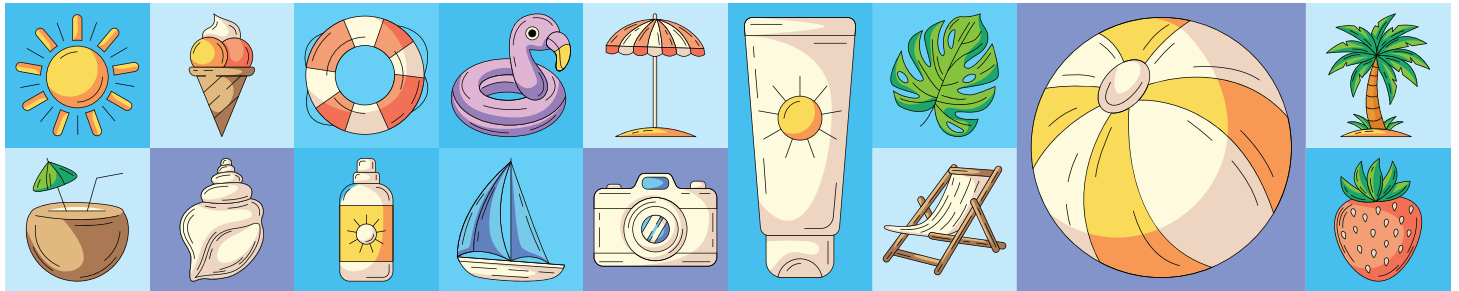
### DRIVE THRU FOOD PANTRY

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 &amp; prizes vary.</i> <b>Packages start as low as \$3</b>
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 <b>\$10 per week</b> <i>Supplies not provided.</i> <i>Instructor: Ann McCartney</i>
9:30 AM - 12:00 PM	Bridge <b>\$2 to play</b> <i>Contact George or Amy for info.</i>

## KNOXVILLE

*No Activities Scheduled*

## IMPERIAL

9:15 AM - 10:45 AM	Line Dancing <b>\$2 per class</b>
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

1<sup>st</sup> 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

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month | Time: 12:00 PM

**\$2 to play**

Contact Marilyn for more information.

### 500 BID

2<sup>nd</sup> and 4<sup>th</sup> 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: 2<sup>nd</sup> 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 12<sup>th</sup> & 19<sup>th</sup> | 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: 6/9/2025 | 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.

## 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 10<sup>th</sup>*  
 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 6<sup>th</sup>, 13<sup>th</sup>, & 27<sup>th</sup> | Time: 1:00 PM

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

## CHARTIERS

### DOUBLE PINOCHLE

1<sup>st</sup> Friday of the month | Time: 10:00 AM

**\$2 to Play**

Contact Alexis or Mike for more information.

### DOUBLE PINOCHLE

2<sup>nd</sup> Friday of the month | Time: 10:00 AM

**\$2 to Play**

Contact Mary Louise for more information.

### MAHJONG

3<sup>rd</sup> 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

4<sup>th</sup> Friday of the month | Time: 10:15 AM

**\$2 to Play**

Contact Mary Cay for more information.

### MOVIE DAY

2<sup>nd</sup> and 4<sup>th</sup> 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

3<sup>rd</sup> 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 6<sup>th</sup> & 10<sup>th</sup> | 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.*



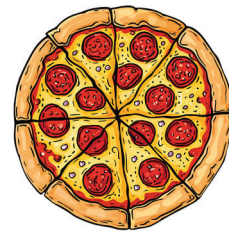
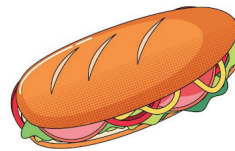
## IMPERIAL

### 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 12<sup>th</sup>-20<sup>th</sup>, 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 17<sup>th</sup>- 19<sup>th</sup> | 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 1<sup>st</sup>, 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 15<sup>th</sup>- 17<sup>th</sup>

**Cost: \$850**

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

Must be paid in full by October 16<sup>th</sup>, 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 18<sup>th</sup>, 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!**

**\$10<sup>00</sup>  
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 1<sup>st</sup>  
Thru  
December 31<sup>st</sup>**

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

# VOLUNTEERS NEEDED



**CONTACT YOUR LOCAL CENTER FOR OPEN VOLUNTEER OPPORTUNITIES!**

Bethel Park - 412-831-7111

Chartiers - 412-276-5056

Imperial - 724-218-1669

Knoxville - 412-420-8147

Mon Valley - 412-664-5434

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 1<sup>st</sup> Visit*

## APPOINTMENT REQUIRED

**PLEASE CALL IF YOU CANNOT MAKE APPOINTMENT**

**WAIT LIST IS KEPT FOR NO-SHOWS/CANCELLATIONS**

## 2025 DATES

### JANUARY

Monday, 6<sup>th</sup>  
Tuesday, 7<sup>th</sup>

### APRIL

Tuesday, 1<sup>st</sup>  
Monday, 7<sup>th</sup>

### JULY

Monday, 1<sup>st</sup>  
Tuesday, 7<sup>th</sup>

### OCTOBER

Monday, 6<sup>th</sup>  
Tuesday, 7<sup>th</sup>

### FEBRUARY

Monday, 3<sup>rd</sup>  
Tuesday, 4<sup>th</sup>

### MAY

Monday, 5<sup>th</sup>  
Tuesday, 6<sup>th</sup>

### AUGUST

Monday, 4<sup>th</sup>  
Tuesday, 5<sup>th</sup>

### NOVEMBER

Monday, 3<sup>rd</sup>  
Tuesday, 4<sup>th</sup>

### MARCH

Monday, 3<sup>rd</sup>  
Tuesday, 4<sup>th</sup>

### JUNE

Monday, 2<sup>nd</sup>  
Tuesday, 3<sup>rd</sup>

### SEPTEMBER

Tuesday, 2<sup>nd</sup>  
Monday, 8<sup>th</sup>

### DECEMBER

Monday, 1<sup>st</sup>  
Tuesday, 2<sup>nd</sup>







**DRIVE  
THRU**

**FREE FOOD DISTRIBUTION**

**LifeSpan Steel Valley Active Life Center**

530 Miller Ave.  
Clairton, PA 15025

**3<sup>rd</sup> Tuesday of the Month**

**412-233-4847**

**1:00 PM - 3:00 PM**

*All Welcome No ID Required Register at 1<sup>st</sup> Visit*

## 2025 DATES

**JANUARY 21<sup>ST</sup>**

**JULY 15<sup>TH</sup>**

**FEBRUARY 18<sup>TH</sup>**

**AUGUST 19<sup>TH</sup>**

**MARCH 18<sup>TH</sup>**

**SEPTEMBER 16<sup>TH</sup>**

**APRIL 15<sup>TH</sup>**

**OCTOBER 21<sup>ST</sup>**

**MAY 20<sup>TH</sup>**

**NOVEMBER 18<sup>TH</sup>**

**JUNE 17<sup>TH</sup>**

**DECEMBER 16<sup>TH</sup>**

**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 11<sup>th</sup> at 10:00 AM

## CHARTIERS

Wednesday, June 4<sup>th</sup> at 10:00 AM

## IMPERIAL

\* Always on 2<sup>nd</sup> Wednesday of the Month \*  
Wednesday, June 11<sup>th</sup> at 10:00 AM

## MON VALLEY

\* Always on 2<sup>nd</sup> Wednesday of the Month \*  
Wednesday, June 11<sup>th</sup> at 12:15 PM

## STEEL VALLEY

\* Usually on 3<sup>rd</sup> Thursday of the Month \*  
Wednesday, June 18<sup>th</sup> 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

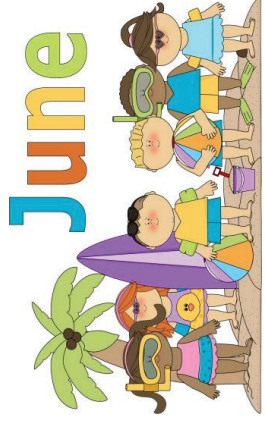
### STEEL VALLEY

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
<b>2 Raspberry BBQ Chicken</b> (1 Grilled Chicken breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Bread w/Margarine 1/2 C Fresh Watermelon <b>Cal 655</b>	<b>3 Swiss Steak</b> (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding <b>Cal 728</b>	<b>4 Deli Plate</b> (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 <b>Cal 766</b>	<b>5 Korean BBQ Beef</b> (3/4 C Beef) 1/2 C Stir-Fry Vegetables 1/2 C Stir-Fry Rice WW Bread w/Margarine Fresh Orange <b>Cal 611</b>	<b>6 Stuffed Shells</b> (2 Shells w/Cheese & Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Diced Pears <b>Cal 653</b>
<b>9 Garlic Parmesan Meatballs</b> (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 <b>Cal 842</b>	<b>10 Butter Chicken</b> (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 <b>Cal 732</b>	<b>11 Pulled Pork Sandwich</b> (1/2 C Pulled Pork w/Sandwich Roll & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn Fresh Pear <b>Cal 721</b>	<b>12 Honey Mustard Chicken Salad</b> (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 <b>Cal 665</b>	<b>13 Spanish Omelet</b> (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 <b>Cal 600</b>
<b>16 Smothered Pork</b> (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 <b>Cal 737</b>	<b>17 Pub Steak Cheeseburger</b> (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 <b>Cal 889</b>	<b>18 Hawaiian Chicken</b> (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 <b>Cal 620</b>	<b>Centers Closed</b>	
<b>23 Peppered Egg Salad Sandwich w/WW Roll</b> (1 C Egg Salad w/Bell Peppers) 1/2 C tomato Cuke Salad 1 C Garden Veggie Soup 1/2 C Diced Peaches <b>Cal 667</b>	<b>24 Chicken Cordon Bleu</b> (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 <b>Cal 835</b>	<b>25 Firehouse Chili</b> (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 <b>Cal 675</b>		
<b>30 Breaded Dill Chicken Sandwich w/WW Roll</b> (1 Breaded Dill Chicken Breast) 1/2 C Tom/Cuke Salad w/Mayo 1/2 C Chickpea, Kale, Edamame, Quinoa Blend Fresh Cantaloupe <b>Cal 650</b>				
			<b>26 Stuffed Pepper</b> (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 <b>Cal 810</b>	<b>27 Vegetable Lasagna</b> (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing Bread Oatmeal Cookie <b>Cal 729</b>