



IMPERIAL ACTIVE LIFE CENTER

Monday—Friday 9:00 AM - 3:00 PM

540 Penn Lincoln Dr, Imperial, PA 15126 724-218-1669 www.lifespanpa.org

LIFESPAN will be CLOSED on the following days:

- ♦ WEDNESDAY, AUGUST 27 for an all-staff meeting. [But you can still join your fellow members for a lunch outing—See Page 2!]
- ♦ MONDAY, SEPTEMBER 1 in observance of LABOR DAY!



MEET & GREET + Q&A

Joe Angelelli (LifeSpan's new CEO)

Monday, August 18, 2025 @ 10:00 AM

Join us in welcoming LifeSpan's new CEO!

Learn his vision & ideas as well as have an opportunity to share your thoughts, too!

- ♦ Joining Joe will be Sami & Michelle, Associate Directors for the Active Life Centers.
- ♦ Sign up for the Meet & Greet by Thursday, 8/14.

**** Stay & join us for a special lunch:** Chicken Kiev [Stuffed Chicken Breast], peas & carrots, halushki, fruit cup & confetti cake cookie. **MUST SIGN UP FOR LUNCH by Friday, August 8!!!** [Stop in the Center or call 724-218-1669]

LIVING & CARING FOR A LOVED ONE WITH DEMENTIA

Monday, August 11 @ 11:00 AM

Caring for someone with dementia can be both rewarding and challenging. This session provides practical tips and guidance on understanding the stages of dementia, managing daily routines, and responding to behavioral changes with patience and compassion. It also highlights ways to create a safe and supportive environment, maintain meaningful communication, and reduce caregiver stress. Resources and self-care strategies are shared to help caregivers maintain their own well-being while ensuring the best possible quality of life for their loved one.

Presented by Celebration Villa of Lakemont Farms
Sign-up in advance is appreciated.

BLOOD PRESSURE SCREENINGS

**Tuesday, August 12
10:30 AM - 11:30 AM**

Presented by Oak Street Health

Sign up by August 8
[Sign up appreciated]

OUT TO LUNCH BUNCH:

Firebirds Wood Fired Grill
Bridgeville, PA

**Wednesday, August 27
11:30 AM @ the restaurant
10:30 AM @ LifeSpan* [ACCESS]**

Sign up by 8/21[by 8/19 if you are
taking ACCESS- must already be
registered in ACCESS]

TECH TUTORING

Wednesday, August 20 [Individual 1/2 hour sessions]

Get one-on-one help with your computer, cell phone, laptop, tablet or Kindle

Sign-up in advance is required.

Appointments are filled on a first-come, first-served basis.

Presented by Western Allegheny Community Library

On-going Events:

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10:00 AM

LINE DANCE:

Wednesdays @ 9:15 AM

ADVISORY BOARD MEETING:

Wednesday, 8/13 @ 10:00 AM

KNIT & CROCHET:

Wednesdays @ 1:00 PM

CARDIO DRUMMING EXERCISE:

Wednesdays @ 2pm [must sign up at least one day in advance]

MOVIE DAY:

Fridays @ 12:30pm

NOTE: PROGRAMS & ACTIVITIES

**may be cancelled due to insufficient sign-up or inclement weather.
Sign-up in advance is highly recommended.**

If you have ideas for programs & activities, please let us know!

CARDS & GAMES*

Something for everyone!

* Most games [except Bingo & Rummikub] have limited sign ups,
which are required in advance.

BINGO Mondays at 12:00 PM

Try to bring \$1 bills. \$20 bills not accepted.

Come in early to sign up & pay.



BUNCO Tuesdays at 12:00 PM

No limit. All are welcome, even if you've never played before!

EUCHRE Tuesdays at 11:30am

Limited sign ups. Experienced players

RUMMIKUB Wednesdays at noon

No limit. All are welcome, even if you've never played before!



500 BID Thursdays at 10:30am

Limited sign ups. Experienced players.

MAHJONG Fridays at 10:00am

All are welcome, even if you've never played before!

Interested in any other cards or games???

Pinocle, bridge, scrabble, yahtzee, etc.

Please let us know! We're looking for players!

WEEKDAY LUNCHES



LUNCH is served M-F at 11:30am!

Check out this month's menu of some old favorites & some exciting new dishes!

{See the entire month's menu at the back of the newsletter}

When the Center is open, we offer a tasty, well balanced lunch at 11:30am in a group setting
[suggested donation of *just \$2.00 is much appreciated!*]

Please sign up by 10:30 TWO business days before you'd like to come in! You can sign up at the

VOLUNTEERS!

We REALLY need help to keep our center running smoothly!

Even if it's just an hour a week [Tuesday help is especially needed!], we can use you! Please visit the center or give us a call if you are interested!

A special THANK YOU to our current hard-working volunteers! Our center can't work without all of your hard work!

DONATIONS






Your donations are very much appreciated! All donations must be given to staff members only!



CLOSURES & DELAYS

Just a reminder: please be aware that you can check for LifeSpan delays & closings on WTAE and KDKA news [it scrolls across the bottom of the page]. You can also get this info on wtae.com: View Closings at the top of the page.

NOTE: if you signed up to attend lunch or another event & included your phone number on the sign-up page, we will make our best attempt to reach you if the event is cancelled or the center is closed.

Mon	Tue	Wed	Thu	Fri
				
4 Peppered Egg Salad Sandwich (1 C Egg Salad w/ Bell Peppers) 1/2 C Baby Carrots 1 C Garden Vegetable Soup WW Sandwich Roll 1/2 C Diced Peaches Cal 667	5 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	6 Firehouse Chili (1 C Beef & Bean Chili) 1/2 Peppers & Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675	7 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 SI Pound Cake w/ 1/4 C Peaches Cal 814	8 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing Bread 1 Oatmeal Cookie Cal 729
11 Breaded Sili Chicken Sandwich w/WW Roll (1 Breaded, Dill Chicken Breast) 1/2 C Tom/Cuke Salad w/Mayo Dri 1/2 C Chickpea, Kale, Edamame, Quinoa Blend 1/2 C Fresh Cantaloupe Cal 650	12 Petite Beef Tenderloin Medallions (1 slice beef w au jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711	13 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	14 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 SI Banana Bread w Margarine Fresh Apple Cal 716	15 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Peaches Cal 634
18 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	19 Turkey & Smoked Gouda Sandwich (2 SI Turkey, 1 SI Cheese on WW Sandwich Roll) 1/2 C Potato Salad 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 694	20 Salisbury 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	21 Southern BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 614	22 Beef Baracoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS Cup Guacamole Cal 601
25 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	26 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	CENTERS CLOSED		
			28 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	29 Stuffed Shells (2 Shells w/Cheese & Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Diced Peas Cal 653