



Goodbye July...   
 ALOHA August!



**LIFESPAN STEEL VALLEY**

**ACTIVE LIFE CENTER**

**HOURS OF OPERATION**

**Monday-Friday 9:30 AM TO 2:00 PM**

**(412) 233-4847**

**530 Miller Avenue**

**Clairton, PA 15025**

**Amy Marcic (Center Supervisor)**



OUR AUGUST RESTAURANT TRIP IS:

**TILLIE'S RESTAURANT**

(THERE WILL BE A LIMITED MENU)

308 36th Steet McKeesport (412) 672-7557

OLD SCHOOL, FAMILY-OWNED RESTAURANT

OFFERING PIZZA, PASTA AND CLASSIC ITALIAN ENTREES

SINCE 1962.

**FRIDAY AUGUST 29, 2025**

**SIGN UP BY WEDNESDAY AUGUST 20, 2025**

# YOU ARE INVITED

**Event: End of Summer Celebration at the MON VALLEY LIFESPAN**

**Date: Friday August 22, 2025**

**Time: 10:00 AM- 2:00 PM**

**Cost: \$15/person**

**Sign Up By: FRIDAY August 8, 2025 (NO EXCEPTIONS)**

**Description:** 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 and 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!

**SIGN UP AND AMY WILL SET UP AN ACCESS TRIP FROM STEEL VALLEY TO MON VALLEY**



## CLOSED



**WE WILL BE CLOSED**

**WEDNESDAY AUGUST 27, 2025**

**FOR OUR QUARTERLY TEAM MEETING.**

**WE WILL RESUME NORMAL HOURS ON**

**THURSDAY AUGUST 28, 2025  
AT 9:30 AM**

**FLU SHOT REGISTRATION**

**FRIDAY AUGUST 29, 2025**

**11 AM- 1 PM**

**PROVIDED BY PATHWAYS WELLNESS.**



**FLU SHOT CLINIC**

**SEPTEMBER 17, 2025**

**11 AM-1 PM**

**PROVIDED BY PATHWAYS WELLNESS.**



# **STEEL VALLEY**

## **\$30.00**

### **FOR ALL SEASON**

SEE MICHELLE

# Steelers

Football pool plays for all:

Each square \$30 for the entire season.

Payouts will be \$10 for the 1<sup>st</sup> and 3<sup>rd</sup> quarter, \$30 for the half and \$50 for the final quarter.

The Superbowl is included. Payouts \$50 for the 1<sup>st</sup> and 3<sup>rd</sup> quarter, \$150 for the halftime and \$250 for the final quarter.

Here is the schedule for the 2025/2026 Season.



WEEK 1	NEW YORK JETS	SEPTEMBER 7 <sup>TH</sup>
WEEK 2	SEATTLE SEAHAWKS	SEPTEMBER 14 <sup>TH</sup>
WEEK 3	NEW ENGLAND PATRIOTS	SEPTEMBER 21 <sup>ST</sup>
WEEK 4	MINNESOTA VIKINGS	SEPTEMBER 28 <sup>TH</sup>
WEEK 5	BYE	OCTOBER 5 <sup>TH</sup>
WEEK 6	CLEVELAND BROWNS	OCTOBER 12 <sup>TH</sup>
WEEK 7	CINCINNATI BENGALS	OCTOBER 16 <sup>TH</sup>
WEEK 8	GREEN BAY PACKERS	OCTOBER 26 <sup>TH</sup>
WEEK 9	INDIANAPOLIS COLTS	NOVEMBER 2 <sup>ND</sup>
WEEK 10	LOS ANGELES CHARGERS	NOVEMBER 9 <sup>TH</sup>
WEEK 11	CINCINNATI BENGALS	NOVEMBER 16 <sup>TH</sup>
WEEK 12	CHICAGO BEARS	NOVEMBER 23 <sup>RD</sup>
WEEK 13	BUFFALO BILLS	NOVEMBER 30 <sup>TH</sup>
WEEK 14	BALTIMORE RAVENS	DECEMBER 7 <sup>TH</sup>
WEEK 15	MIAMI DOLPHINS	DECEMBER 15 <sup>TH</sup>
WEEK 16	DETROIT LIONS	DECEMBER 21 <sup>ST</sup>
WEEK 17	CLEVELAND BROWNS	DECEMBER 28 <sup>TH</sup>





### LET'S GO BUCS

**WE ARE GOING TO THE PIRATE GAME ON  
WEDNESDAY AUGUST 20, 2025**

**12:35 PM SECTION 103**

**SIGN UP AND PAY BY AUGUST 2, 2025**

**WEDNESDAY SEPTEMBER 17, 2025**

**12:35 PM SECTION 103**

**SUNDAY SEPTEMBER 21, 2025**

**1:35 PM SECTION 103**

**\$35 PER GAME/\$5 LOADED VALUE PER GAME**

**SIGN UP TODAY!**

**AMY WILL SET UP AN ACCESS TRIP FROM  
STEEL VALLEY**



**MEET & GREET**

**MEET AND GREET Q&A**

**WITH JOE ANGELELLI**

**LIFESPAN'S NEW CEO**

**THURSDAY**

**AUGUST 21, 2025**

**10:30 AM-11:30 AM**

**LUNCH AT 11:30 AM**

10:00 AM - 10:45 AM

Exercise Video

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



### **SHOP THRU FOOD PANTRY**

**Date: 8/4 & 8/5 Time: Given w/ Registration  
*RESERVATION REQUIRED!***

### **DRIVE THRU FOOD PANTRY**

**Date: 8/12/25 | Time: 1:00 PM - 3:00 PM**

### **SHOP THRU FOOD PANTRY**

**Date: 8/18 & 8/19 Time: Given w/ Registration  
*RESERVATION REQUIRED***



### **WATERMELON BUTTON ART WITH AMY**

**TUESDAY AUGUST 19, 2025**

**10:00 AM - 11:30 AM**

**This craft is FREE.**

**Add A "slice" of color to your  
summer décor with this handmade  
WATERMELON BUTTON ART and  
enjoy a real "slice" of watermelon among friends,  
to celebrate National Watermelon Day (August 3rd)**



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



**TUESDAY**

10:00 AM - 10:45 AM

Exercise Video

12:30 PM - 1:30 PM

Memory Trivia Challenge

1:00 PM - 1:30 PM



#### HEALTH SCREENINGS

TUESDAY 8/5/25 11 AM–1 PM

Sponsored by Duquesne University

Destination: Pittsburgh Botanic Garden

Address: 799 Pinkerton Run Road Pittsburgh, PA 15071

Date: Tuesday August 19, 2025

Sign up by: Tuesday August 11, 2025

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.

Pick Up Time: 8:30 AM (Must arrive between 9:00 AM -11:00 AM to receive FREE admission) but TBD by Access

Return Time: 2:00 PM but TBD by Access

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

Amy will set up an access trip from Steel Valley.



Happy  
Wednesday!



#### TAKE A TRIP TO THE AVIARY

WEDNESDAY AUGUST 20, 2025

INCLUDES A TOUR NOT LEAD BY A GUIDE. GENERAL ADMISSION,

\$19 /A PERSON SIGN UP AND PAY BY AUGUST 6, 2025

CENTER PICK UP 9:00 AM PICK UP AT THE AVIARY 2 PM

AMY WILL SET UP AN ACCESS TRIP FROM STEEL ALLEY

10:00 AM - 10:45 AM Explore the Aviary

11:00 AM - 11:30 AM *Passport to Parks Bird Show*

11:30 AM - 12:15 PM *Education Program* - a program with our Ornithologist Bob Mulvihill

12:30 PM - 1:00 PM Lunch in a Reserved Space

1:00 PM - 2:00 PM Explore the Aviary



#### ADVISORY COMMITTEE MEETING

Date: 8/21/25 | 12:30 PM



10:00 AM - 10:45 AM Exercise Video

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



#### MSBC Soup Kitchen

Host: Morning Star Baptist Church

Where: 307 Shaw Ave, Clairton, PA 15025 *\*Use side entrance on Boundary Ave\**

When: 12 pm - 1 pm | 2nd and 4th Saturday each month

Details: For more information, contact: 412-233-7289.

Follow-up the MSBC Facebook Page for schedule changes.

OPT TRIP  
WEDNESDAY

#### RIVERS CASINO TRIP

Date: WEDNESDAY AUGUST 13, 2025 Time: 1:00 PM

Sign Up by 8/6/25

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

*Amy will set up an Access trip from Steel Valley*





# FRIDAY

10:00 AM-10:45 AM Exercise Video

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



**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**

**LifeSpan**  
*Together We Can!*

 **Greater Pittsburgh  
community  
food bank**  
serving the three rivers region

 **THE  
PITTSBURGH  
FOUNDATION**  
Lemington Home Fund  
benefitting African American Seniors





## LifeSpan Steel Valley, Active Life Center

530 Miller Ave., Clairton, PA 15025



**VOLUNTEERS  
NEEDED**

**Center: 412-233-4847**

**Michelle: 412-523-9648**

Email: [mcraven@lifespanpa.org](mailto:mcraven@lifespanpa.org)



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

**10:00am - 11:30am**

### **Pre-Distribution**

*We need help with:*

- Unpacking boxes
- Packing items into bags

**12:00pm - 3:00pm**

### **Distribution**

*This is an outdoor event.*

*We need help with:*

- Vehicle sign-in's
- Vehicle new registrations
- Loading boxes and/or bags into vehicles.
- Cleanup



**GET  
INVOLVED!**



**LifeSpan**  
*Together We Can!*



**Greater Pittsburgh  
community  
food bank**  
serving the three rivers region






**THE  
PITTSBURGH  
FOUNDATION**

Lemington Home Fund  
benefitting African American Seniors

# Your transit discounts are here!

## You and your family can ride PRT buses, light rail and more for **50% off!**

To qualify:

-  Allegheny County resident
-  Ages 12-64
-  Somebody in your household currently receives SNAP benefits



### Apply today!

Get your discounts on ConnectCards or the Ready2Ride app.

Scan the QR code or visit [acdhs.org/discounted-fares](https://acdhs.org/discounted-fares).

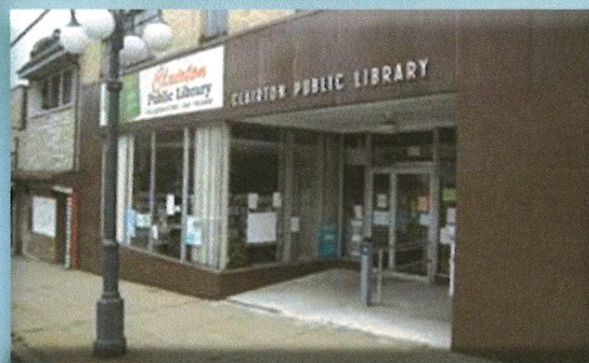


Questions about your application?  
Email [dhs-allegheny-go@alleghenycounty.us](mailto:dhs-allegheny-go@alleghenycounty.us).

 **allegheny go**

A service of Allegheny County Department of Human Services  
in partnership with Pittsburgh Regional Transit.





Join us for some  
**Summertime Fun!**

at the  
Clairton Library - 616 Miller Avenue  
Clairton, PA 15025

Featuring movement designed for  
non-active and active individuals.



Zumba Gold, Drum Fit &  
Circle Mobility

Starting July 14, 2025

Every other Monday - 11:00 am - 12:30 pm

Also:

Line Dancing Classes with Miss Carol A. Fisher  
Every Tuesday, July 8 to September 9, 2025 - 6:00-7:00 pm  
(no classes on August 19th & 26th)



**CLASSES ARE FREE TO THE PUBLIC**



# COMMUNITY CALENDAR HIGHLIGHTS

## State [Representative Dan Goughnour Office Hours](#):

Tuesdays & Thursdays from 9 am - 4 pm at the Clairton

Municipal Building Office number: 412-233-2505

Types of assistance: Rent rebate assistance [eligibility restrictions apply], driver and vehicle services, PACE prescription assistance services, and more.



## City of Clairton

Website: <https://cityofclairton.com/>

Facebook: <https://www.facebook.com/profile.php?id=100069372092673>



## Clairton Public Library:

The Clairton Public Library offers a variety of weekly programming from youth events, to senior crafts and walks, to book clubs and benefits assistance. Hotspots available for rent, along with books, movies, video games, and more! Follow along their Facebook page or website to keep informed of their many events.

Facebook: <https://www.facebook.com/libraryclairton15025>

Website: <https://clairtonlibrary.org/>

Phone number: (412) 233-7966





JOIN US ON A TRIP OF A  
LIFETIME IN  
NEW YORK CITY!  
CALL AMY FOR DETAILS  
TODAY!  
412-664-5434



### **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.*

**Life** *Span*  
Together We Can!


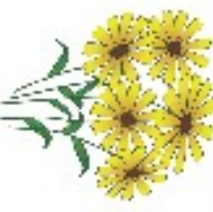


## **Center Services Associate Directors**

**Sami Styche**

*412-464-1300 Ext. 127*

**Michelle Craven**

*412-464-1300 Ext. 149*

Mon	Tue	Wed	Thu	Fri
 <p><b>4 Peppered Egg Salad</b> 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</p>	 <p><b>5 Chicken Cordon Bleu</b> (1 Stuffed Chicken Breast) 1/2 C Peas &amp; Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 835</p>	 <p><b>6 Firehouse Chili</b> (1 C Beef &amp; Bean Chili) 1/2 Peppers &amp; Onions 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Grapes Cal 675</p>	 <p><b>7 Stuffed Pepper</b> (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</p>	<p><b>1 Greek Salad with Salmon</b> (1 Salmon Filet) Salad (2 Cups Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) &amp; Dressing 1 C French Onion Soup WW Bread w/Margarine Fresh Orange Cal 735</p>
<p><b>11 Breaded Sili Chicken Sandwich w/VW Roll</b> (1 Breaded, Dill Chicken Breast) 1/2 C Tomato Salad w/Mayo Pk 1/2 C Chickpeas, Kale, Edamame, Quinoa Blend 1/2 C Fresh Cantaloupe Cal 650</p>	<p><b>12 Petite Beef Tenderloin Medallions</b> (1 slice beef w au jus) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 711</p>	<p><b>13 Chicken Avocado Salad</b> (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 TBSP Tomatoes, 1 TBSP Cucumber, 1/4 Avocado) &amp; Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 770</p>	<p><b>14 Lemon Pepper Cod</b> (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta 1 SI Banana Bread w/Margarine Fresh Apple Cal 716</p>	<p><b>15 Stuffed Cabbage Roll</b> (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</p>
<p><b>18 Meatloaf w/Gravy</b> (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</p>	<p><b>19 Turkey &amp; Smoked Gouda Sandwich</b> (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</p>	<p><b>20 Salisbury Steak</b> (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</p>	<p><b>21 Southern BBQ Chicken</b> (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Macaroni &amp; Cheese 1/2 C Peach Applesauce Cal 614</p>	<p><b>22 Beef Barbacoa</b> (3/4 C Seasoned Beef) 1/2 C Black Bean &amp; Corn Vegetable Blend 1/2 C Brown Rice 1/2 C Fresh Fruit Salad 1 SS Cup Guacamole Cal 601</p>
<p><b>25 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 Cal 655</p>	<p><b>26 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 Cal 728</p>	<p><b>27 CENTERS CLOSED</b></p>		
			<p><b>28 Korean BBQ Beef</b> (3/4 C Beef) 1/2 C Stir-Fried Vegetables 1/2 C Stir-Fried Rice WW Bread w/Margarine Fresh Orange Cal 611</p>	<p><b>29 Stuffed Shells</b> (2 Shells w/Cheese &amp; Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Diced Pears Cal 653</p>