



## **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](http://www.lifespanpa.org)

**LIFESPAN will be CLOSED MONDAY, SEPTEMBER 1**  
in observance of **LABOR DAY!**



**Join us for**

## **IMPERIAL LIFESPAN'S FALL FEST!**

**Friday, September 19, 2025**

**11:00am to 2:00pm**

**Cost \$8.00 [\$7 with Perks Card]**

### ***Menu***

**Stuffed Cabbage,  
Mashed Potatoes, Green Beans, Bread  
Greek Yogurt w/ Peaches & Assorted Desserts**



**DJ Ed**

**Games, Dancing, Door Prizes, Treat Bags**

**And more!!**

**MUST R.S.V.P. AND PAY BY 9/12/25**



# LIVING & CARING FOR A LOVED ONE WITH DEMENTIA

**Monday, September 29 @ 11am**

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.

## OUT TO LUNCH BUNCH:

### **PANERA BREAD**

9898 University Blvd.

Moon Township, PA

**Thursday, September 11**

**11:30am @ the restaurant**

**Note: ACCESS will not be offered  
for this outing.**

**Sign up by 9/9**

## TAI CHI MEET & GREET

**Tuesday, September 23**

**12:00pm-1:00pm**

**Come & learn more about  
Tai Chi for Arthritis and Falls  
Prevention, a free program  
designed to improve balance &  
reduce risk of falls**

**Presented by Allegheny County**

**Sign up by 9/18 appreciated**

## DOWNSIZING TIPS & TRICKS

**Tuesday, September 23**

**11:00am**

**Presented by Hang Your Hat Properties &  
Realty One Platinum**

**Sign up by 9/18**

**[Sign up appreciated but not required]**

## TECH TUTORING

**Wednesday, September 24**

**[Individual 1/2 hour sessions:**

**11:30am, 12:00pm, 12:30pm]**

**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 the Western Allegheny  
Community Library**

# On-going Events:

## **STRENGTH/ BALANCE EXERCISE:**

Tuesdays @ 10am

## **LINE DANCE:**

Wednesdays @ 9:15am

## **ADVISORY BOARD MEETING:**

Wednesday, 9/10 @ 10am

## **KNIT & CROCHET:**

Wednesdays @ 1pm

## **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 or want to share your expertise by teaching a class, 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 noon

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

*Come in early to sign up & pay.*



## **BUNCO** Tuesdays at noon

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 OR  
WILLING TO TEACH HOW TO PLAY???

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 10:30am TWO business days before you'd like to come in! You can sign up at the center or give us a call!**

[Note: Special Meals and holiday schedules may require signing up more than 2 days in advance and may have additional costs.]

## VOLUNTEERS!

**We REALLY need help to keep our center running smoothly!** Even if it's just an hour a week [Tuesday & Friday 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! **PLEASE NOTE: 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](http://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

| CENTERS CLOSED   |  |  |  |   |
|--|--|--|--|---|
|   | <b>2 Pub Steak Cheeseburger</b><br>(1 Beef Patty, 1 Sl Cheese)<br>1/2 C Broccoli w/Ranch Dip<br>1/2 C Roasted Potato Wedges<br>1 WW Sandwich Roll, Ketchup<br>Fresh Apple<br><b>Cal 889</b>      | <b>3 Hawaiian Chicken</b><br>(1 Chicken Breast, Pineapple, Sweet and Sour Sauce) Margarine<br>1/2 C Stir Fried Veggies<br>1/2 C Coconut Brown Rice<br>1/2 C Tropical Fruit<br><b>Cal 620</b>   | <b>4 Stuffed Pepper</b><br>(1 Stuffed Pepper w/Meat Sauce)<br>1/2 C Broccoli<br>1/2 C Mashed Potatoes<br>WW Bread w/Margarine<br>1 Sl Pound Cake w/1/4 C Peaches<br><b>Cal 810</b>                   | <b>5 Greek Salad w/Salmon</b><br>(1 Salmon Filet)<br>Salad (2 C Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) & Dressing<br>1 C French Onion Soup<br>WW Bread w/Margarine<br>Fresh Orange<br><b>Cal 735</b> |
| <b>8 Broccoli Cheese Stuffed Chicken</b> (1 Stuffed Chicken Breast)<br>1/2 C Peas & Pearl Onions<br>1/2 C Rosemary Roasted Potatoes<br>WW Bread w/Margarine<br>1/2 C Fresh Fruit Salad<br><b>Cal</b>                       | <b>9 Sausage &amp; Peppers</b><br>(1 Sausage Link w/Tomato Sauce)<br>1/2 C Diced Potatoes<br>1/2 C Peppers & Onions<br>1 WG Hoagie Roll<br>1/2 C Jello<br><b>Cal 843</b>                         | <b>10 Firehouse Chili</b><br>(1 C Beef & Bean Chili)<br>1/2 C Chuckwagon Corn<br>1/2 C Brown Rice<br>WW Bread w/Margarine<br>1/2 C Fresh Pineapple<br><b>Cal 710</b>   | <b>11 Grilled Chicken Salad</b><br>(1/2 C Grilled Chicken)<br>Salad & Dressing (Lettuce, Tomato, Cucumber)<br>1 C Tomato Soup<br>1/2 C Macaroni & Cheese<br>1/2 C Peach Applesauce<br><b>Cal 601</b> | <b>11 Vegetable Lasagna</b><br>(1 Piece Lasagna, Mozzarella Cheese)<br>1/2 C Cauliflower & Peas<br>1 C Tossed Salad w/Dressing<br>WW Bread<br>Oatmeal Cookie<br><b>Cal 729</b>  |
| <b>15 Breaded Dill Chicken Sandwich w/ WW Roll</b> (Mayo Packet)<br>(1 Breaded, Dill Chicken Breast)<br>1/2 C Tomato Cucumber Salad<br>1/2 C Chickpea, Kale, Edamame<br>Quinoa Blend<br>Fresh Cantaloupe<br><b>Cal 730</b> | <b>16 Petite Beef Tenderloin Marsala</b> (1 Sl Beef w/Marsala Sauce)<br>1/2 C Carrots<br>1/2 C Mashed Potatoes<br>WW Bread w/Margarine<br>1 Fresh Pear<br><b>Cal 712</b>                         | <b>17 Chicken Avocado Salad</b><br>(3/4 C Diced Chicken)<br>Salad (2 C Lettuce, 2 Tbsp Tomatoes, 1 Tbsp Cucumber, 1/4 Avocado) & Dressing<br>1 C Sweet Pepper Beef Soup<br>WW Bread w/Margarine<br>1/2 C Diced Pineapple<br><b>Cal 651</b> | <b>18 Lemon Pepper Cod</b><br>(1 Cod Filet)<br>1/2 C Broccoli<br>1/2 C Parmesan Penne Pasta<br>1 Sl Banana Bread w/Margarine<br>Fresh Apple<br><b>Cal 716</b>  | <b>19 Stuffed Cabbage Roll</b><br>(1 Cabbage Roll)<br>1/2 C Mashed Potatoes<br>1/2 C Green Beans<br>WW Bread w/Margarine<br>1/2 C Greek Yogurt w/1/4 C Peaches<br><b>Cal 634</b>  |
| <b>22 Meatloaf with Gravy</b><br>(1 Sl Meatloaf with Gravy)<br>1/2 C Mashed Potatoes<br>1/2 C Green Beans<br>WW Bread w/Margarine<br>1/2 C Jello<br><b>Cal 658</b>   | <b>23 Turkey &amp; Smoked Gouda Sandwich w/Mustard Pkt.</b><br>(3 Sl Turkey, 1 Sl Cheese, WW Roll)<br>1/2 C Coleslaw<br>1 C Mediterranean Vegetable Soup<br>1/2 C Fresh Grapes<br><b>Cal 632</b> | <b>24 Meat Lasagna</b><br>(1 Sl Lasagna)<br>1 C Tossed Salad w/Dressing<br>1/2 C Italian Veggie Blend<br>1 WG Breadstick<br>1 Chocolate Chip Cookie<br><b>Cal 666</b>  | <b>25 BBQ Chicken</b><br>(1 Chicken Breast, BBQ Sauce)<br>1/2 C Sauteed Greens<br>1/2 C Buttered Chuckwagon Corn<br>WW Breas w/Margarine<br>1/2 C Strawberry Applesauce<br><b>Cal 602</b>            | <b>26 French Onion Beef Sandwich</b><br>(3/4 C Beef, Swiss Cheese, Balsamic Onions, WW Sandwich Roll)<br>1/2 C Italian Baby Baked Potatoes<br>1/2 C Buttered Carrots<br>1/2 C Fresh Fruit<br><b>Cal 678</b>                       |
| <b>29 Raspberry BBQ Chicken</b><br>(1 Grilled Chicken Breast)<br>1/2 C Succotash<br>1/2 C Roasted Sweet Potatoes<br>1 WW Sandwich Roll w/Margarine<br>1/2 C Fresh Watermelon<br><b>Cal 655</b>                             | <b>30 Swiss Steak</b><br>(1 Beef Patty, Tomato Gravy)<br>1/2 C Broccoli<br>1/2 C Mashed Potatoes<br>WW Bread w/Margarine<br>1/2 C Chocolate Pudding<br><b>Cal 726</b>                            |    |  |   |
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