



**OCTOBER
2025**

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

Sign up today for

2026 MEDICARE MARKET UPDATES!

Monday, October 27, 2025

10:30 am

Big changes are coming!

Be aware!



Presented by MEDICONNECT

Sign up by 10/23

[Sign up appreciated but not required]

IDENTITY THEFT: WHAT EVERY CONSUMER SHOULD KNOW ABOUT

Monday, October 6 @ 10:30 am

This program educates consumers on some “Dos & Don’ts” of ID theft. Each year, more than 10 million Americans have their personal information — including name, social security number, bank account, or credit card number — stolen. This presentation is designed to raise awareness of identity theft tactics, steps to take to protect your identity and personal information, and information on reporting identity theft.

Sign up by 10/2 [appreciated but not required]

**Presented by the Office of Attorney General,
Commonwealth of PA**

OUT TO LUNCH BUNCH:

Plaza Azteca Mexican Restaurant

1000 Sutherland Dr, Pittsburgh, PA 15205

[Robinson Township near Costco]

Friday, October 17

11:30 am @ the restaurant

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

Sign up by 10/14

FIRE SAFETY & PREVENTION

**Tuesday, October 21
10:30 am**

**Learn about the most common
causes of fires & things you
can do to help prevent them.**

**Presented by North Fayette
Fire Department**

Sign up by 10/17 appreciated

TECH TUTORING

Tuesday, October 28

[Individual 1/2 hour sessions:

1:30 pm, 2:00 pm, 2:30 pm]

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**

COMING IN NOVEMBER:

Advanced Estate Planning

**Monday, November 17 @
10:30 am**

**Michelle Conti
Conti Law**

On-going Events:

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10 am

LINE DANCE:

Wednesdays @ 9:15 am

ADVISORY BOARD MEETING:

Wednesday, 9/10 @ 10 am

KNIT & CROCHET:

Wednesdays @ 1 pm

CARDIO DRUMMING EXERCISE:

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

MOVIE DAY:

Fridays @ 12:30 pm

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 11:30 am

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 10:30 am

Limited sign ups. Experienced players.

MAHJONG Fridays at 10:00 am

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 11:30 am!

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 11:30 am in a group setting

[suggested donation of just \$2.00 is much appreciated!]

Please sign up by 10:30 am 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: 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



1 Deli Plate
(1/4 C Tuna Salad, 1/4 C Chicken Salad)
1 C Let/Cuc/Tom
1 C Broccoli Cheese Soup
WW Bread w/Margarine
1 Pkg Berry Vanilla Cookies
1/2 C Fresh Cantaloupe **Cal 766**

2 Korean BBQ Beef
3/4 C Beef
1/2 C Stir Fried Vegetables
1/2 C Vegetable Stir Fried Rice
WW Bread w/Margarine
Fresh Orange
Cal 611

3 Grilled Chicken Parm
(1 Chicken Breast, 1/4 C Sauce, Mozzarella Cheese)
1/2 C California Normandy Blend
1/2 C Pasta Shells w 2 Tbsp Sauce
1 Sl Pound Cake w/1/4 C Berries
Cal 628

Meatball Rosini

(3 Meatballs w/1/4 C Creamy Tomato Sauce)
1/2 C Broccoli & Red Peppers
1 C Tossed Salad w/Dressing
1/2 C Penne w/Sauce
Bread w/Margarine
Cal 850

Roast Turkey

1 Sl Turkey w/Gravy
1/2 C Honey Glazed Carrots
1/2 C Cranberry Combread
Stuffing
WW Bread w/ Margarine
1/2 C Fresh Cantaloupe **Cal 601**

Pork Carnitas

(1/2 C Seasoned Pork w/WW Tortilla)
1/2 C Mexican Rice
1/2 C Cabbage Slaw
2 Tbsp Salsa
Fresh Pear **Cal 625**

Honey Mustard Chicken Salad

Salad(3/4 C diced Chicken, 2 C Lettuce, 2 Tbsp Tomato, 2 Tbsp Cucumber) & Dressing
1 C Zucchini Parmesan Soup
Bread w/Margarine **Cal 637**
1/2 C Fresh Fruit Salad

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 C Berries
Cal 600

Smothered Pork

(1 Sl Pork, Caramelized Onions)
1/2 C Roasted Sweet Potatoes
1/2 C Brussels Sprouts
WW Bread w/Margarine
1/2 C Banana Pudding **Cal 674**

Pub Steak Cheeseburger

(1 Beef Patty, 1 Sl Cheese) w/WW Sandwich Roll/Ketchup
1/2 C Broccoli w/Ranch Dip
1/2 C Roasted Potato Wedges
Fresh Apple **Cal 889**

Hawaiian Chicken

(1 Grilled Chicken Breast, Pineapple, Sweet & Sour Sauce)
1/2 C Stir Fried Veggies
1/2 C Coconut Brown Rice
1/2 C Tropical Fruit
Margarine **Cal 620**

Stuffed Pepper

(1 Stuffed Pepper w/Meat Sauce)
1/2 C Broccoli
1/2 C Mashed Potatoes
WW Bread w/Margarine
1 Sl Pound Cake w/1/4 C Peaches
Cal 810

Greek Salad w/Salmon

(1 Salmon Filet)
Salad(2 C Romaine Lettuce, 2 Tbsp Tomatoes, Feta Cheese, 2 Tbsp Black Olives) & Dressing **Cal 735**
1 C French Onion Soup
WW Bread w/Margarine

Broccoli Cheese Stuffed Chicken

(1 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 639**

Sausage & Peppers

(1 Sausage Link w/Tomato Sauce)
1/2 C Diced Potatoes
1/2 C Peppers and Onions
WG Hoagie Roll
1/2 C Jello **Cal 843**

Firehouse Chili

(1 C Beef & Bean Chili)
1/2 C Chuckwagon Corn
1/2 C Brown Rice
WW Bread w/Margarine
1/2 C Fresh Pineapple **Cal 710**

Grilled Chicken Salad

(1/2 C Grilled Chicken)
Salad & Dressing (Lettuce/Tomato/Cucumber)
1 C Tomato Soup **Cal 601**
1/2 C Macaroni & Cheese
1/2 C Peach Applesauce

Vegetable Lasagna

(1 Piece Lasagna, Mozzarella Cheese)
1/2 C Cauliflower & Peas
1 C Tossed Salad w/Dressing
WW Bread
1 Oatmeal Cookie **Cal 729**

Breaded Dill Chicken

Sandwich w/WW Roll & Mayo Pkt (1 Breaded Dill Chicken Breast)
1/2 C Tomato, Cucumber Salad
1/2 C Chickpea, Kale Edamame, Quinoa Blend
1 Fresh Cantaloupe **Cal 730**

Petite Beef Tenderloin

Marsala (1 Sl Beef w/Marsala Sauce)
1/2 C Carrots
1/2 C Mashed Potatoes
WW Bread w/Margarine
1 Fresh Pear **Cal 762**

Chicken Avocado Salad

(3/4 C Diced Chicken)
Salad (2 C Lettuce, 2 Tbsp Cucumber, 1/4 Avocado)& Dressing
1 C Sweet Pepper Beef Soup
WW Bread w/Margarine
1/2 C Diced Pineapple **Cal 651**

Lemon Pepper Cod

(1 Cod Filet)
1/2 C Broccoli
1/2 C Parmesan Penne Pasta
1 Sl Banana Bread w/Margarine
Fresh Apple **Cal 716**

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