

Accredited by National Institute of

Senior Centers

**MON VALLEY ACTIVE LIFE** CENTER M-F 9AM-3PM (412) 664-5434

LIFESPAN



### **4313 WALNUT STREET MCKEESPORT, PA 15132 AMY MARCIC (CENTER SUPERVISOR) KERRI TROESCH (ACTIVITY AIDE)**





TOIN US IF YOU DARE!

FRIDAY OCTOBER 31, 2025 10AM-2PM \$20 EACH/\$15 WITH YOUR PERK CARD

WEAR YOUR FAVORITE COSTUME AND BE ENTERED FOR A CHANCE TO WIN A DOOR PRIZE. THERE WILL BE GAMES AND PRIZES, SNACKS, TREATS,

COFFEE, TEA AND A WITCHES BREW.

**LUNCH WILL BE SERVED AT 11:30AM** 

STUFFED CABBAGE, MASHED POTATOES, GREEN BEANS, BREAD/MARGARINE AND GRREK YOGURT W/PEACHES.

LISTEN TO ALL YOUR FAVORITE SONGS FROM

**DARYL AND KIM!** 

























### LET'S GO ON A TROLLEY RIDE





Looking for the best things to do on a WEDNESDAY afternoon?

Look no further.... go on a trolley ride with the MON VALLEY LIFESPAN!

The "All About the Burgh, The Culture to Ketchup Tour" is a unique and exciting way to see the city from the panoramic views of a 1920s-style trolley.

OUR INTINERARY IS AS FOLLOWS:

11 AM PICK UP @ 21 STREET AND

SMALLMAN IN THE STRIP DISTRICT

90 MINUTE TOUR WITH A RIDE

ON THE DUQUESNE INCLINE.

12:30PM DROP OFF @ 21ST AND SMALLMAN.

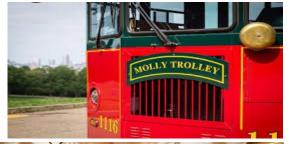
LUNCH WILL BE ON YOUR OWN OF A PLACE

OF YOUR CHOICE AFTER THE TROLEY RIDE.

WILL CALL WITH ACCESS PICK UP TIMES



\$30/person PAY BY TUESDAY OCTOBER 14, 2025





## SPECIAL EVENT



### **AARP Driving Safety Class**

Date: THURSDAY OCTOBER 23, 2025 AND FRIDAY OCTOBER 24, 2025

Time: 11AM-3PM both days. This is an 8-hour course in 2 days.

Cost: \$20 for AARP members, \$25 for NON-AARP members. Payment is due on the day of the

class. Checks are preferred, make checks out to AARP.

Sign up by: Wednesday OCTOBER 15, ,2025/SIGN UP FOR LUNCH

Description: Take the AARP Driver Safety Classroom Course! Learn proven safety strategies to maintain your confidence behind the wheel.

\*Plus, you could get a great discount of up to 5% depending on your car insurance for 3 years.

(You must consult with your insurance agent)

### **Daily Lunch Service**

Lunch is served daily at 11:30AM, please arrive on time! Lunch reservations must be submitted at least 2 days prior before 12:00 Noon.

Suggested donation of \$2.00 is appreciated









## MONDAY ?



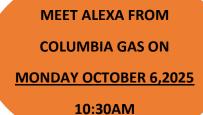
### 10AM-10:45AM

S.A.I.L. EXERCISE

JOIN THE CARD CLUB
EVERY MONDAY
AT 11AM



MEDI-CONNECT
WILL BE HERE ON
MONDAY OCTOBE 20, 2025
AT 10:45 AM TO ANSWER
ALL YOUR MEDICARE
OUESTIONS





Mexican Train
Come And Join In
Monday's 2:00PM
Right after Bingo



12:00PM MEMBERSHIP BINGO
(\$5 PACKAGE INCLUDES:
2 BOARDS, 3 SPECIALS AND A JACKPOT)
ADDITIONAL CARDS ARE \$.50 EACH



RIVERS CASINO TRIP

MONDAY OCTOBER 27, 2025

SIGN UP BY

MONDAY OCTOBER 20, 2025

WILL CALL WITH PICK UP TIMES



PITT UNIVERSITY

WILL BE HERE ON

MONDAY OCTOBER 13, 2025

WITH A FUN ACTIVITY

FOR YOU!



**DRUMMING AT 10AM!** THIS IS A VIRTUAL CLASS. **NEW ROUTINES EVERY WEEK! JOIN US TUESDAY IN OCTOBER** 10/07, 10/14, 10/21, AND 10/28



**12:15PM PLAY** 

**PENNY POKENO** 

**RESTAURANT TRIP OF THE MONTH** 

**HOFBRAUHAUS PITTSBURGH** 

**2705 S. WATER ST.** 

Pgh. PA 15203

**TUESDAY OCTOBER 21, 2025** 

THE VERY BEST IN AUTHENTIC **BAVARIAN BIER AND FOOD!** 

WILL CALL WITH PICK UP TIMES

Sign Up by Monday

October 13th!

Lou's Art Class

**TUESDAY** OCTOBER

**14TH AND 28TH** 

**ONLY AT 12:30PM** 

Instructor: Lou Romanchak

**POKENO** 

(BRING YOUR PENNIES)

**HOFBRÄUHAUS PITTSBURGH BREWERY & RESTAURANT**  PAINT A FALL PICTURE WITH LINDA ON

**TUESDAY OCTOBER 14** 

12:30PM-2:30PM

**COST IS \$2 FOR MATERIALS** 

**SIGN UP BY FRIDAY OCTOBER 10** 

**ONLY 24 SPOTS AVAIABLE** 

**MAKE A TERRACOTTA POT CRAFT** WITH KERRI ON

**WEDNESDAY OCTOBER 8TH,** 2025 AT 12:30PM \$5 EACH

**SIGN UP AND PAY BY** 

FRIDAY OCTOBER 3, 2025





**MAKE YARN PUMPKINS ON** WEDNESDAY OCTOBER 22, 2025

AT 12:30PM \$5 EACH SIGN UP AND PAY BY FRIDAY **OCTOBER 17, 2025** 



# JOIN IN THE ADVISORY COMMITTEE MEETING WEDNESDAY

October 8th @ 12:15PM

**DUQUESNE UNIVERSITY** 

**WILL BE HERE ON** 

**WEDNESDAY OCTOBER 15,** 

**AT 10:30AM TO** 

**REVIEW HEALTH EDUCATION** 

PODIATRIST 2nd Wednesday of Every Month

Date: Wednesday October 8, 2025 | Time: 12:30PM

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, and in grown nails.

**Trax Farm Trip** 

Address: 528 Trax Road Finleyville, PA

15332

Phone: (412) 835-3246

Date: Wednesday 10/29/25

Sign up by: Wednesday 10/22/25

Description: Day trip to Trax Farm to use

your Farmer's Market Vouchers or

spend

your time shopping in the Home Décor

and Gift Shop

Enjoy lunch from their weekly hot food menu or one of their delicious sandwich-

es at the deli.

Pick up time: 10AM but TBD by Access Return Time: 1:30PM but TBD by Access

## THURSDAY

10:00AM - 10:45AM SAIL Exercise

12:00PM - 1:30PM Member Bingo

All cards are 25¢ each

**5 Regular Games** 





**Dates: 2nd and 4th Thursday** 

of every month

October 9th & October 23rd

Time: 11:00AM - 1:00PM



## HOT DOG PERK DAY

**ENJOY 2 HOT DOGS AND A POP** 

WITH YOUR PERK CARD OR

**PAY \$5 ON THURSDAY OCTOBER 16** 

**SIGN UP BY MONDAY OCTOBER 13.** 





Shoppers say this grocery store offers a wide variety of unique products, including frozen meals, salads, and flowers at affordable prices.

FRIDAY OCTOBER 17, 2025 **SIGN UP BY** FRIDAY OCTOBER 10, 2025 WILL CALL WITH PICK UP TIMES

ON THE MOVE **WALKING CLASS WITH AMY FRIDAY OCTOBER 3RD AND 24TH ONLY** 

This is a FREE exercise program developed by physical therapists to improve walking and balance.

Time: 10:00AM-10:45AM































# TICKETS ON SALE NOW

## PAJAMA PARTY BINGO

October 10th, 2025 \$20 per person

Breakfast served at 9:30 AM
Bingo starts at 10:30 AM
20 regular games - \$10 winnings
4 special games - \$30 winnings
\$300 Jackpot

Wear Pajamas for a bonus \$5 package!

The center will not be serving lunch or holding regular activities.



### SEE AMY TO SET UP AN ACCESS TRIP FROM THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER **MUST SIGN UP BY OCTOBER 17, 2025**













### **DENTAL - HEARING - VISION**



### Friday & Saturday, October 24-25, 2025

David L. Lawrence Convention Center • 1000 Fort Duquesne Blvd • Pittsburgh, PA 15222

### NO ELIGIBILITY REQUIREMENTS OR INSURANCE NEEDED-AGES 2 +

### DENTAL

X-rays

Cleanings

Fillings

Select root canals

Limited extractions

\*NO BRIDGES, NO CROWNS, NO FULL DENTURES\*

### HEARING

Hearing evaluations

Free hearing aids

Hearing aid fittings

Hearing aid troubleshooting & repair

Hearing protection



Visual Acuity Screenings - Glasses Prescriptions- Free Glasses



DOORS OPEN AT 6:00 AM | CLINIC BEGINS AT 7:00 AM WALK IN ONLY - NO APPOINTMENTS

First come, first served basis. Doors close when capacity reached.

SCAN HERE TO LEARN MORE OR VISIT WWW.MOMPGH.ORG





## AUDU GELDU. HULTOAEEA

W C M H N S H В S P M A D R R 0 X Z U Q S A 0 B E 0 S W G K G B T K S K H E E C X S P 0 0 K K Н F D N E Т W N S C D Z E M M H K

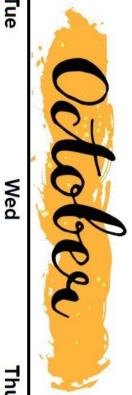
SPOOKY COSTUME GHOST HALLOWEEN

SKELTON ZOMBIE SPIDER CANDY

AUTUMN PUMPKIN OCTOBER TRICK







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