



STEEL VALLEY

ACTIVE LIFE CENTER

HOURS OF OPERATION

Mon-Fri 9:30 AM TO 2:00 PM

(412) 233-4847

530 Miller Avenue

Clairton, PA 15025

Amy Marcic (Center Supervisor)

FLU SHOT CLINIC

SEPTEMBER 17, 2025

11:00 AM-1:00 PM

PROVIDED BY

PATHWAYS WELLNESS

WE WILL BE CLOSED ON MONDAY

SEPTEMBER 1, 2025

IN OBSERVANCE OF LABOR DAY

WE WILL RESUME NORMAL HOURS ON
TUESDAY SEPTEMBER 2, 2025 AT 9:30 AM

*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!*



LET'S GO BUCS!

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



YOU ARE INVITED



JOIN US FOR A TAILGATE PARTY AT THE MON VALLEY ACTIVE LIFE CENTER
ON

THURSDAY SEPTEMBER 4, 2025

\$10 each

(MUST HAVE PURCHASED A TICKET IN ADVANCE)

THE EVENT BEGINS AT 10:00 AM WITH SOME SWEET TREATS,
FOLLOWED BY LUNCH, AND SOME TAILGATE SNACKS.
DJ MICK WILL BE PLAYING ALL YOUR FAVORITE SONGS
TO HELP US CHEER ON THE PITTSBURGH STEELERS

FOR THEIR FIRST REGULAR SEASON GAME ON SUNDAY SEPTEMBER 7, 2025!

DON'T FORGET TO WEAR YOUR BLACK AND GOLD
FOR A CHANCE TO WIN A DOOR PRIZE!
PITT UNIVERSITY STUDENTS WILL BE HERE TOO



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 1st and 3rd quarter, \$30 for the half and \$50 for the final quarter.

The Superbowl is included. Payouts \$50 for the 1st and 3rd 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 TH
WEEK 2	SEATTLE SEAHAWKS	SEPTEMBER 14 TH
WEEK 3	NEW ENGLAND PATRIOTS	SEPTEMBER 21 ST
WEEK 4	MINNESOTA VIKINGS	SEPTEMBER 28 TH
WEEK 5	BYE	OCTOBER 5 TH
WEEK 6	CLEVELAND BROWNS	OCTOBER 12 TH
WEEK 7	CINCINNATI BENGALS	OCTOBER 16 TH
WEEK 8	GREEN BAY PACKERS	OCTOBER 26 TH
WEEK 9	INDIANAPOLIS COLTS	NOVEMBER 2 ND
WEEK 10	LOS ANGELES CHARGERS	NOVEMBER 9 TH
WEEK 11	CINCINNATI BENGALS	NOVEMBER 16 TH
WEEK 12	CHICAGO BEARS	NOVEMBER 23 RD
WEEK 13	BUFFALO BILLS	NOVEMBER 30 TH
WEEK 14	BALTIMORE RAVENS	DECEMBER 7 TH
WEEK 15	MIAMI DOLPHINS	DECEMBER 15 TH
WEEK 16	DETROIT LIONS	DECEMBER 21 ST
WEEK 17	CLEVELAND BROWNS	DECEMBER 28 TH
WEEK 18	BALTIMORE RAVENS	TBD





Wednesday September 10, 2025

Center Pick Up Time 1:00 PM

Casino Return To Center

Pick Up Time 6:00 PM

Pick up times are tentative

The Center will Call All Those

Who Sign up for the trip and confirm times.

MUST SIGN UP BY FRIDAY 9/5/25





ACTION AGAINST HUNGER

OUR SERVICES

Just Harvest gets real results for those struggling to put food on the table. Our services – provided to Allegheny County households for **FREE** – reduce hunger by boosting income and access to healthy food.



SNAP / FOOD STAMPS

The Supplemental Nutrition Assistance Program (or “food stamps”) is a public benefit that can supplement your food budget. **Just Harvest helps hundreds of eligible families apply for these benefits each year. We also assist with LIHEAP and medical assistance!**

For a 5-minute eligibility screening and help completing your application over the phone call us at (412) 431-8960 option 3.



BENEFITS CASE ADVOCACY

Food Stamps

LIHEAP

Cash Assistance (TANF)

Are you having trouble applying for or receiving these public assistance programs through the PA Department of Human Services?

**Call our advocates at
(412) 431-8960 option 3.**



TAX HELP

Don't lose your tax refund to commercial tax preparers! From January to April each year, Just Harvest provides free IRS-certified tax preparation assistance to low-income Allegheny County households. We have day, evening, and Saturday hours and offer online assistance.

Learn more about eligibility and appointment scheduling at justharvest.org/free-tax-prep.



FRESH ACCESS

At 20 area farmers markets and farm stands in the Pittsburgh area, open May to November, our kiosk allows customers to shop with food stamps using their ACCESS/EBT card to purchase a variety of fresh produce, baked goods, meat, and dairy products. We also provide food stamp shoppers with Food Bucks to help them afford fruits and vegetables at the markets. Credit and debit cards can also be used.

To find a participating market near you go to justharvest.org/fresh-access or call us at (412) 431-8960.



FRESH CORNERS

This healthy corner store initiative partners with local store owners in areas of Allegheny County that lack supermarkets. Eleven Fresh Corners stores provide convenient, affordable access to fresh, nutritious foods. Several of these stores also provide Food Bucks to help SNAP shoppers purchase more fresh produce.

To find a participating market near you go to justharvest.org/fresh-corners or call us at (412) 431-8960.

You can learn more about these **free** programs at justharvest.org/get-help

Clairton Photo Seekers Club

Every Friday from 12:30 PM to 1:30 PM

Starting September 19, 2025

As we search for Clairton's past

Do you have any old black and white photos of your memories
growing up in Clairton?

We would like to decorate our Steel Valley Center
with the rich history of days gone bye.



MONDAY



TUESDAY

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



10:00 AM - 10:45 AM Exercise Video

12:30 PM - 1:30 PM Memory Trivia Challenge

1:00 PM - 1:30 PM Cardio Drumming

1:30 PM - 2:00 PM Karaoke



10:00 AM-10:45 AM Exercise Video

12:30 PM-1:30 PM Penny Pokeno (need pennies)

1:00 PM - 1:30 PM Cardio Drumming

1:30 PM - 2:00 PM Karaoke



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

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

ADVISORY COMMITTEE

MEETING

Date: Thursday

9/23/25 | 12:30 PM

CRAFTS WITH AMY



**MAKE THIS CANDY CORN BROOM
WITH AMY ON
THURSDAY SEPTEMBER 18TH
AT 10:00 AM. THIS IS FREE, BUT
(YOU MUST SIGN UP IN ADVANCE
SO THE MATERIALS CAN BE PURCHASED)
SIGN UP BY FRIDAY SEPTEMBER 12TH**

**MAKE THIS CANDLE HOLDER
WITH AMY ON
THURSDAY SEPTMEBER 25TH
AT 10:00 AM. THIS IS FREE, BUT
(YOU MUST SIGN UP IN ADVANCE SO
THE MATERIALS CAN BE PURCHASED)
SIGN UP BY FRIDAY SEPTEMBER 19TH**





Indoor Pantry Shop Thru

LifeSpan - Steel Valley

530 Miller Ave., Clairton, PA 15025

412-233-4847

CALL TODAY TO RESERVE A SPOT!

All Welcome No ID Required Register at 1st Visit

APPOINTMENT REQUIRED

PLEASE CALL IF YOU CANNOT MAKE APPOINTMENT

WAIT LIST IS KEPT FOR NO-SHOWS/CANCELLATIONS

JULY thru DECEMBER DATES

*Thanks to the support of The Pittsburgh Foundation we have added dates in **BLUE**!*

JULY

Monday, 7th

Tuesday, 8th

Monday, 21st

Tuesday, 22nd

AUGUST

Monday, 4th

Tuesday, 5th

Monday, 25th

Tuesday, 26th

SEPTEMBER

Tuesday, 2nd

Monday, 8th

Monday, 22nd

Tuesday, 23rd

OCTOBER

Monday, 6th

Tuesday, 7th

Monday, 27th

Tuesday, 28th

NOVEMBER

Monday, 3rd

Tuesday, 4th

Monday, 24th

Tuesday, 25th

DECEMBER

Monday, 1st

Tuesday, 2nd

Monday, 8th

Tuesday, 9th





**Red
Door**
Pantry

**DRIVE
THRU**

FREE FOOD DISTRIBUTION

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



**Every 3rd 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

FREE



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

VISION



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



OHIO STAR THEATER

A CHRISTMAS CAROL LIVE

**TUESDAY,
DECEMBER 2ND**

\$90 per person

Includes:

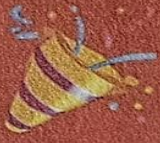
Coach Bus Transportation

Light Lunch at Dutch Valley Restaurant

Live Showing of a Christmas Carol


**Be at LifeSpan for
pickup at 8:00 AM**

**Sign Up and Pay by
Friday, November 14th**



CLAIRTON REUNION

40 Years Strong!



Date: August 31st, 2025



Location: Clairton Park Lodge



Time: 1:00 PM – 9:00 PM



Music by Live DJs



Vendors on Site

**Interested in being a vendor?
Text your info to Lamont Lewis
412-583-6366**



More details to come – stay tuned!



**CITY OF CLAIRTON • 8TH ANNUAL OLDIES CONCERT
AMERICAN LEGION POST 75**

8TH ANNUAL SALUTE TO THE VETERANS

SATURDAY, SEPTEMBER 13th

CLAIRTON PARK @ THE BUZZY WEBER PAVILION

GATES OPEN AT 11:30 PM • SHOWS 12:30-9:00 PM



The Jaggerz

SPECIAL GUESTS



**Chuck Blasko
& the Vogues**



**Chuck Corby
& the Soul
Communicators**



Pure Gold



Pittsburgh Belairs

MC Bob Haramia — and DJ Johnny O

Tickets \$25/Advance - \$30/Gate

Clairton Legion Post 75: 412-233-9903 or Andy Duboy 412-708-3945

**** NO OUTSIDE FOOD OR DRINK - NO COOLERS ****

FOOD & BEVERAGES AVAILABLE FROM DROOPY'S CATERING

PROCEEDS BENEFIT AMERICAN LEGION POST 75



LifeSpan Together We Can!

September 2025


Mon

Tue

Wed

Thu

Fri

CENTERS CLOSED				
	1	CENTERS CLOSED		
8 Broccoli Cheese Stuffed Chicken (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	2 Pub Steak Cheeseburger (1 Beef Patty, 1 SI Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges 1 WW Sandwich Roll, Ketchup Fresh Apple Cal 889	3 Hawaiian Chicken (1 Chicken Breast, Pineapple, Sweet and Sour Sauce) Margarine 1/2 C Stir Fried Veggies 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit Cal 620	4 Stuffed Pepper (1 Stuffed Pepper w/Meat Sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Cal 810 WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Peaches	5 Greek Salad w/Salmon (1 Salmon Filet) Salad (2 C Romaine Lettuce, 2 TBSP Tomatoes, Feta Cheese, 2 TBSP Black Olives) & Dressing 1 C French Onion Soup WW Bread w/Margarine Fresh Orange Cal 735
9 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Hoagie Roll 1/2 C Jello Cal 843	10 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	11 Grilled Chicken Salad (1/2 C Grilled Chicken) Salad & Dressing (Lettuce, Tomato, Cucumber) 1 C Tomato Soup 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 601	12 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing WW Bread Oatmeal Cookie Cal 729	13 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
15 Breaded Dill Chicken Sandwich w/ WW Roll (Mayo Packet) (1 Breaded, Dill Chicken Breast) 1/2 C Tomato Cucumber Salad 1/2 C Chickpea, Kale, Edamame Quinoa Blend Fresh Cantaloupe Cal 730	16 Petite Beef Tenderloin Marsala (1 SI Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear Cal 712	17 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 651	18 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	19 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
22 Meatloaf with Gravy (1 SI Meatloaf with Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	23 Turkey & Smoked Gouda Sandwich w/Mustard Pdt. (3 SI Turkey, 1 SI Cheese, WW Roll) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	24 Meat Lasagna (1 SI Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggie Blend 1 WG Breadstick 1 Chocolate Chip Cookie Cal 666	25 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Breads w/Margarine Cal 602 1/2 C Strawberry Applesauce	26 French Onion Beef Sandwich (3/4 C Beef, Swiss Cheese, Balsamic Onions, WW Sandwich Roll) 1/2 C Italian Baby Baked Potatoes 1/2 C Buttered Carrots 1/2 C Fresh Fruit Cal 678
29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes 1 WW Sandwich Roll w/Margarine 1/2 C Fresh Watermelon Cal 655	30 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 726	