



Steel Valley
Active Life Center
Monday Through Friday
9:30 AM to 2:00 PM
530 Miller Ave
Clairton, PA 15025
412-233-4847



YOU'RE INVITED TO A SPOOKTACULAR
HALLOWEEN PARTY AT STEEL VALLEY LIFESPAN
.... JOIN US IF YOU DARE!

MONDAY OCTOBER 27, 2025 11 AM-2 PM

\$15 EACH/\$10 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 11:30 AM

PIZZA HUT PIZZA AND POP

**LISTEN AND DANCE TO DARYL AND KIM, AS THEY
PERFORM SOME OF YOUR FAVORITE SONGS**

SHOW STARTS AT 12:30 PM



HEALTH SCREENINGS

Tuesday: 11:00 AM - 12:00 PM

OCTOBER 7, 2025

**Health Screenings
and Initiative A-1C**

Daily Lunch Service

Lunch is served daily at 11:30 AM, 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

Columbia Gas®

ALEXA WILL BE AT LIFESPAN

ON THURSDAY

OCTOBER 9, 2025 @ 10:30 AM

**TO DISCUSS WAYS TO HELP
WITH YOUR GAS BILL**



PERK DAY

**2 HOT DOGS AND A POP WITH
YOUR
PERK CARD**

**MONDAY OCTOBER 20, 2025
11:30 AM WITH LUNCH
MUST SIGN UP BY WEDNESDAY
OCTOBER 15**



**ROOT BEER FLOAT
PERK DAY ON MONDAY
OCTOBER 6, 2025**

**RECEIVE A ROOT BEER FLOAT
WITH YOUR PERK CARD OR
PAY \$1 EACH**

Happy
Halloween



WEEKLY ACTIVITIES

Monday:

12:00 PM-Instructional Pool

12:00 PM-1:45 PM-Movie

1:00 PM-Wii Bowling

1:00 PM-Cardio Drumming



Tuesday:

12:00 PM-Card Club

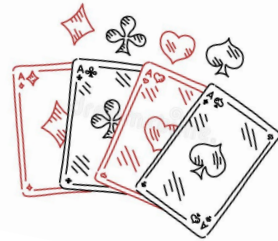
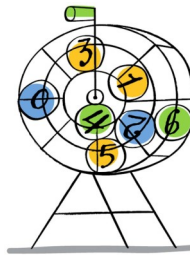
Wednesday:

12:00 PM-Quarter Bingo

12:30 PM-Penny Pokeno

1:00 PM-Cardio Drumming

1:30 PM-Karaoke



Thursday:

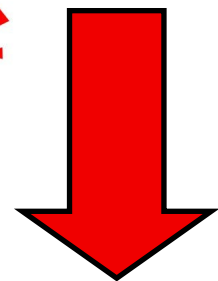
12:00 PM-Card Club

Friday:

12:00 PM-Card Club

12:30 PM-Nickel Pokeno

1:00PM-Cardio Drumming



**EVERYONE MUST SIGN IN AT FRONT DESK BEFORE ENTERING
THE CENTER WITH COPILOT CARD!!**

**Starting October 1st, you will be required to sign up for lunch
with CoPilot Card on computer! Bring it with you everyday,
NO EXCEPTIONS!! THIS IS A COUNTY REQUIREMENT!**

CLAIRTON COMMUNITY HUBS

Weekly Services:

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.

Clairton Family Center:

Each month, Clairton Family Center (next to the football stadium & Head Start) has 412 Food Rescue Distributions, Dollar Energy assistance, diaper banks, as well as special events (like Beverly's Birthdays visits and more!)

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

Website: <https://www.aiu3.net/familycenters>

Phone Number: (412) 233-8325

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





Fall Assistance Event

Utilities Assistance & More

Not a guarantee of assistance, program eligibility will apply

Wednesday, 9/24

Thursday, 10/16

Tuesday, 11/18

3:00 pm –

6:00 pm

**Clairton City
Building**

551 Ravensburg Blvd

*The purpose of this event is to provide in-person application
assistance for utility programs'
customer assistance programs (CAP).*

*When programs are open and have funding available,
Dollar Energy and LIHEAP enrollment assistance will be
available as well.*

*Mon Valley Initiative, Just Harvest, and various
other assistance programs will be on-site
to help with employment search, SNAP questions, and other service
enrollment*

SPONSORED BY:

**Columbia Gas, Duquesne Light, PA American Water,
Peoples Gas, and Mon Valley Initiative**

Halloween Word Search



Q M T J V M P L P L S W R Y N Y
S B R L E F W H X B V C L P K W
P H P Q V F T O S H T F X H X H
O B F H D J I J N O T E L E K S
O R Q C A N D Y I F U Q I O O B
K G H O S T S L K J J E N D O S
Y M Z L G J F C P H E K Y J X Y
I T E C O S T U M E S L A H X A
V G A X B K L M U M M Y H A K S
E A A B L Z S T P P I B U L H M
D M W F I T P A R T Y Q G L C U
A E Y Q N U G E S S L H Z O T S
S S B J E C C R F F K X P W I Y
T R I C K U P T J A S L Z E W E
F T Z Q W P X B J Q A B I E U W
M T V C R J K U D T M U S N H O



BOO
GAMES
HALLOWEEN
PARTY
SPOOKY
WITCH

CANDY
GHOSTS
MASK
PUMPKINS
TRICK

COSTUMES
GOBLIN
MUMMY
SKELETON
TREAT

HALLOWEEN COLORING SHEET



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
6 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 Pearne w/Sauce Bread w/Margarine 1/2 C Jello Cal 850	7 Roast Turkey 1 Sl Turkey w/Gravy 1/2 C Honey Glazed Carrots 1/2 C Cranberry Cornbread Stuffing WW Bread w/ Margarine 1/2 C Fresh Cantaloupe Cal 601	8 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	9 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	10 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
13 Smothered Pork (1 Sl Pork, Carmelized Onions) 1/2 C Roasted Sweet Potatoes 1/2 C Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding Cal 674	14 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	15 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	16 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	17 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 Fresh Orange WW Bread w/Margarine
20 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	21 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers and Onions WG Hogie Roll 1/2 C Jello Cal 843	22 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	23 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	24 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
27 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	28 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	29 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	30 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	31 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