



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

**CLOSURES: IMPERIAL LIFESPAN will be CLOSED
Thursday, 11/27 & Friday, 11/28. Happy Thanksgiving!
LIFESPAN will also be closed Friday, 12/5 for an all-staff meeting.**



THANKSGIVING LUNCHEON

Tuesday, November 25

Must sign up by 10:30 on Thursday, 11/20!

Join our LifeSpan family as we
celebrate this special holiday
together!

11:30 am- Thanksgiving Holiday Meal:

Turkey w/ Gravy & Bread Stuffing
Fire Roasted Sweet Potatoes
Butternut Squash Soup
Cranberry Sauce
Pumpkin Pie with Whipped Cream

VETERANS DAY PROGRAM

Tuesday, November 11@ 10:45 am

SMART STEPS FOR DOWNSIZING & SELLING YOUR HOME

Monday, November 3
10:45 am

Presented by Hang Your Hat Properties &
Realty One Platinum

Sign up by 9/18

[Sign up appreciated but not required]

BLOOD PRESSURE SCREENINGS

Thursday, November 6
9:30 am-11:30 am

ADVANCED ESTATE PLANNING

Various types of trusts will be
discussed

Monday, November 17 @
10:30 am

Michelle Conti- Conti Law

Sign up by 10/13

TECH TUTORING

Tuesday, November 18

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.**

TAI CHI FOR ARTHRITIS & FALL PREVENTION:

Fridays @ 1 pm

Coming in January 2026:

**CELEBRATE
The 10-year anniversary of
IMPERIAL LIFESPAN
At 540 Penn Lincoln Drive!**

Stay tuned for details!

On-going Events:

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10 am

LINE DANCE:

Wednesdays @ 9:15 am

ADVISORY BOARD MEETING:

Wednesday, 11/10 @ 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 [must sign up at least two days in advance]

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 11:30am in a group setting
[suggested donation of just \$2.00 is much appreciated!]

Please sign up by 10:30 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
3 Meatloaf w/Gravy (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	4 Turkey & Smoked Gouda Sandwich (3 slices Turkey, 1 slice Cheese) /WW Sandwich Roll 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Mustard Packet Cal 632	5 Meat Lasagna (1 slice Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Veggie Blend 1 W/G Breadstick 1 Chocolate Chip Cookie Cal 666	6 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Com WW Bread w/Margarine 1/2 C Strawberry Applesauce Cal 602	7 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 Cup Cal 678
10 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll w/Margarine 1/2 C Fresh Watermelon Cal 655	11 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	12 Del 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	13 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	14 Grilled Chicken Parm (1 Chicken Breast, 1/4 C Sauce, Mozzarella Cheese) 1/2 C California Nomandy Vegetable Blend 1/2 C Pasta Shells w/2 Tbsp Sauce 1 Sl Pound Cake, 1/4 C Berries Cal 628
17 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	18 Pub Steak Cheesburger (1 Beef Patty, 1 Sl Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Roasted Potato Wedges WW Sandwich Roll / Ketchup Fresh Apple Cal 889	19 Hawaiian Chicken (1 Grilled Chicken Breast, Pine-apple, Sweet & Sour Sauce) 1/2 C Stir Fried Vegetables 1/2 C Coconut Brown Rice 1/2 C Tropical Fruit/Marg Cal 620	20 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	21 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
24 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 1/2 C Jello Cal 850	25 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 609	26 Pork Carnitas (1/2 C Seasoned Pork w/WW Tortilla) 1/2 C Mexican Rice 1/2 C Cabbage Slaw 1 Tbsp Salsa Fresh Pear Cal 625	27 Center Closed Happy Thanksgiving 28 Center Closed	