



NOVEMBER Newsletter



Mon Valley Active Life Center

Accredited by
National Institute of
Senior Centers



Monday-Friday 9:00 AM to 3:00 PM

4313 WALNUT STREET MCKEESPORT, PA 15132

(412) 664-5434

Amy Marcic: Center Supervisor

Kerrienne Troesch: Activity Aide



ALL CENTERS WILL BE CLOSED ON

THURSDAY NOVEMBER 27TH &

FRIDAY NOVEMBER 28TH

IN OBSERVANCE OF THANKSGIVING

WE WILL RESUME NORMAL HOURS ON

MONDAY DECEMBER 1ST AT 9 AM

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

JOIN US AT LIFESPAN ON **TUESDAY NOVEMBER 11TH.**

WEAR RED, WHITE AND BLUE

AS WE HONOR AND SALUTE ALL OF OUR VETERANS.

WILL NEVER FORGET THEIR BRAVERY, HONOR, AND COURAGE.

ENJOY YOUR FAVORITE AMERICAN SONGS AND OLDIES BY

DJ MICK FROM 10:30 AM-1:30 PM.

LUNCH WILL BE SERVED AT 11:30 AM

Stuffed Rigatoni w/Sausage, Broccoli & Cauliflower

Side Salad w/Dressing, Pumpkin Pie

SIGN UP BY MONDAY NOVEMBER 3RD.

\$10/PERSON



Celebrating Two Wonderful Years at The Mon Valley LifeSpan Active Life Center

"A place filled with laughter, love, and lasting memories."

November 27th marks my two-year anniversary at the Mon Valley LifeSpan Active Life Center, and I couldn't be more grateful for the time I've spent here. Over these past two years, I've had the privilege of getting to know so many of our amazing seniors and sharing countless moments of laughter, fun, and friendship. Looking back, it's incredible to see how much we've done together. From our holiday parties to our exciting trips — like the Pirate games, visits to Phipps Conservatory, our wonderful theater outings, and shopping trips — every experience has been filled with smiles, laughter, and great memories. We've shared so many fun days crafting, creating, and celebrating life together.

One of my favorite things has been seeing how everyone takes pride in our center. Working to clean, decorate, and make this space our own has brought us even closer. It's not just a building — it's truly a second home filled with warmth, friendship, and love.

I've loved watching friendships grow, seeing the joy that fills our days, and being part of a place where everyone feels welcome and appreciated. You have all taught me so much through your stories, kindness, and sense of humor, and I feel incredibly lucky to be a part of this family.

Thank you to everyone at The Mon Valley LifeSpan Active Life Center for making my two years so special.

I look forward to many more memories, adventures, and good times ahead!

With heartfelt appreciation,

Amy Marcic/Center Supervisor @

The Mon Valley LifeSpan Active Life Center

Here's to many more years of laughter, love, and lifelong friendships at our center!

Thank
You

"Two Years of Thanks"

(by your grateful center supervisor)



Two years have come, and how they've flown,
In this warm place we've made our own.
Each smile, each laugh, each gentle cheer,
Has made my heart grow fuller here.

You've shared your stories, rich and true,
Your wisdom shining, guiding too.
In every craft, each trip, each song,
You've shown what makes this place so strong.

We've danced through holidays and days of fun,
Worked side by side till the work was done.
From cleaning, caring, making it bright—
You turn each day to pure delight.

You've taught me lessons words can't show,
Of kindness, courage, grace that grows.
For every hug, each joyful start,
I thank you deeply, from my heart.



MONDAY DAILY ACTIVITIES



LET'S GO TO THE MOVIES!

11 AM: CARD CLUB

12:00 PM: MEMBERSHIP BINGO

(\$5 PACKAGE INCLUDES:

2 BOARDS, 3 SPECIALS AND A JACKPOT)

ADDITIONAL CARDS ARE \$.50 EACH

2 PM: Mexican Train



B	I	N	G	O
13	18	37	58	61
6	27	32	54	65
1	19	FREE SPACE	56	67
15	25	38	55	69
14	29	36	59	66

WICKED FOR GOOD/CENTURY SQUARE CINEMA

MONDAY NOVEMBER 24TH AT 12 PM.

\$10/PERSON

SIGN UP AND PAY MONDAY NOVEMBER 17TH

WILL CALL WITH PICK UP TIMES FROM ACCESS



Speakers & Presentations

PITT UNIVERSITY/MAPS

WILL BE HERE ON

MONDAY NOVEMBER 10TH

AT 10 AM

WITH A FUN ACTIVITY

FOR YOU!

ACCESS
WAY TO GO

NEED A RIDE?? Did you know
that you can sign up for

ACCESS/OPT at LifeSpan?

Stop by the front desk,

Please bring your driver's

license or photo ID

Pitt

TUESDAY DAILY ACTIVITIES

10 AM: CARDIO DRUMMING CLASS

THIS IS A VIRTUAL CLASS.

NEW ROUTINES EVERY WEEK!

JOIN US EVERY TUESDAY IN NOVEMBER



12:15 PM PLAY PENNY POKENO
(BRING YOUR OWN PENNIES)

Special Events



PAINT A HOLIDAY/WINTER PICTURE

WITH LINDA ON

TUESDAY NOVEMBER 18

12:30 PM-2:30 PM

COST IS \$2 FOR MATERIALS

SIGN UP BY FRIDAY NOVEMBER 14

ONLY 24 SPOTS AVAILABLE

Lou's Art Class

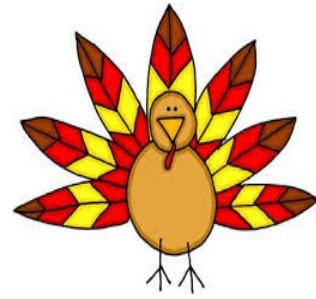
TUESDAY NOVEMBER

11TH AND 25TH ONLY

STARTS AT 12:30 PM

Instructor: Lou Romanchak

WEDNESDAY DAILY ACTIVITIES



11:00 AM: METRO CHAIR EXERCISE

12:15 PM: LCR DICE GAME



COFFEE & COLOR Every Wednesday

**9:00 AM-11:00 AM Enjoy a cup of
coffee, light snack+ coloring pages**



Blood Pressure/Health Screenings



WEDNESDAY NOVEMBER 5TH 10:30 AM HEALTH SCREENIN

WEDNESDAY NOVEMBER 19TH 10:30 AM HEALTH EDUCATION

Speakers & Presentations

**VISION PITTSBURGH WILL BE
HERE ON WEDNESDAY**

NOVEMBER 19TH AT 10:45 AM

WEDNESDAY NOVEMBER 12TH 12:15 PM

Advisory Committee Meeting

LET YOUR VOICE BE HEARD!

**THIS MEETING IS FOR ANY PERSON WITH IDEAS, SUGGESTIONS OR
CONCERNS TO HELP IMPROVE DAILY OPERATIONS.**

ALL IDEAS AND COMMENTS ARE WELCOME!

THURSDAY DAILY



ACTIVITIES

10:00 AM - 10:45 AM SAIL Exercise

12:00 PM - 1:30 PM Member Bingo

All cards are 25¢ each

5 Regular Games

2 Specials and 1 Jackpot



KNITTING/CROCHET CLUB



**MEETS THE 2nd and 4th Thursday
of every month**

Time: 11:00 AM - 1:00 PM.

***NOTE: WE WILL BE CLOSED ON
THURSDAY NOVEMBER 27TH FOR
THANKSGIVING***



The top of the poster is decorated with several autumn-themed illustrations. At the very top, there is a row of small, stylized leaves in various shades of brown and orange. Below this, on either side of the main title, are two large, detailed orange pumpkins with green stems. More small leaves are scattered around the pumpkins and the title.

**FIRST ANNUAL
FRIENDS
GIVING**

**AT THE
MON VALLEY LIFESPAN
ACTIVE LIFE CENTER**

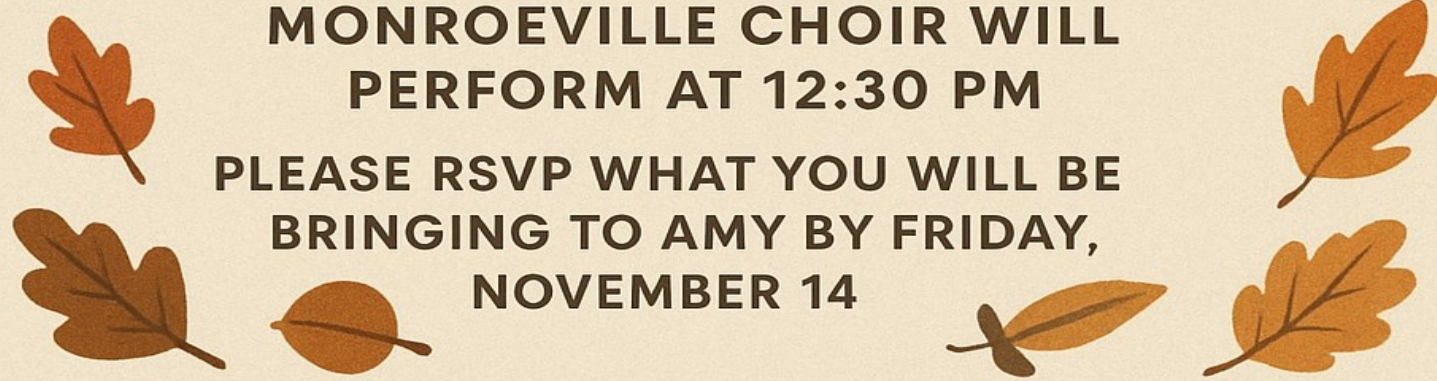
**FRIDAY, NOVEMBER 21
10 AM TO 2 PM**

**PLEASE BRING YOUR FAVORITE DISH FOR
EVERYONE TO SHARE IF YOU WOULD LIKE
TO ATTEND BUT NOT BRING A DISH IT IS
\$20 A PERSON**

WE WILL SHARE LUNCH AT 11:30 AM

**MONROEVILLE CHOIR WILL
PERFORM AT 12:30 PM**

**PLEASE RSVP WHAT YOU WILL BE
BRINGING TO AMY BY FRIDAY,
NOVEMBER 14**

The bottom of the poster is decorated with several autumn-themed illustrations. There are several small, stylized leaves in various shades of brown and orange scattered around the RSVP text. On the right side, there are two larger, more detailed leaves, one above the other.

FRIDAY DAILY ACTIVITIES



ON THE MOVE

WALKING CLASS WITH AMY FRIDAY

NOVEMBER 7TH AND 14TH ONLY

Time: 9:30 AM-10:30 AM

*This is a FREE exercise program
developed by physical therapists*

onthemove
Group Exercise for Improved Mobility in Older Adults®

Save the date:

FRIDAY December 12th 10 AM-2 PM

Mon Valley LifeSpan

Christmas Luncheon/Party!

TICKETS ON SALE NOW! \$20/PERSON

DETAILS COMING SOON

WE WELCOME BACK THE BELAIRS

YOU DON'T WANT TO MISS THIS!

FRIDAY NOVEMBER 14TH

A performance by the

Pittsburgh Ballroom Dancers @ 12:30 PM

Lunch will be served @ 11:30 Am

Grilled Chicken Parm

1 chicken breast, 1/4 C sauce, Mozzarella cheese

1/2 C California Normandy Vegetable Blend

1/2 C Pasta Shells w/ 2 Tbsp Sauce

1 slice pound cake, 1/4 cup berries

SUGGESTED DONATION OF \$2 REQUESTED





LifeSpan
Together We Can!



\$1000 BINGO & Lunch

**PAYOUT: \$15 REGULAR GAMES, \$50 SPECIALS AND
\$500 JACKPOT!**

Saturday NOVEMBER 15, 2025

\$25.00

Doors Open at 10:00 AM—Bingo starts at 12:00 PM

Ticket Includes: Lunch, Bingo Package and Door Prize Entry

Bingo Package Includes: 6 paper board/20 sheets for all

regular games/ 3 paper board/5 sheets for all specials

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center

Attention!



LifeSpan's Meals on Wheels

Holiday Sweet Treats

16th
Annual

Cookie Drive

LifeSpan
Together We Can!



450 Dozen cookies are needed to brighten our Seniors spirits this holiday season.

Simply donate 2-3 dozen cookies by

**NO COOKIES
WITH NUTS
OR PEANUT BUTTER.**



**Friday
December 12th**



Cookies can be dropped off at:

Any LifeSpan Senior Center

or

LifeSpan Main Office

314 E. 8th Ave
Homestead, PA 15120

Call 412-464-1300 with Questions



PERK DAYS



PIZZA HUT PERK DAY

ENJOY A DELICIOUS PIECE OF
PIZZA HUT PIZZA WITH A PERK!

NO PERK? \$1/SLICE

NOVEMBER 26TH 11:30 AM



WANNA WIN THIS BASKET!

USE A PERK AND RECEIVE 5 TICKETS

FOR A CHANCE TO WIN THIS

VETERAN'S DAY BASKET.

NO PERKS? \$1/TICKET

WINNER WILL BE PICKED ON NOVEMBER 11TH

GROUP TRIPS W/ OPT

RIVERS CASINO GROUP TRIP: MONDAY NOVEMBER 24TH

SIGN UP BY MONDAY NOVEMBER 17TH

WILL CALL WITH PICK UP TIMES FROM ACCESS

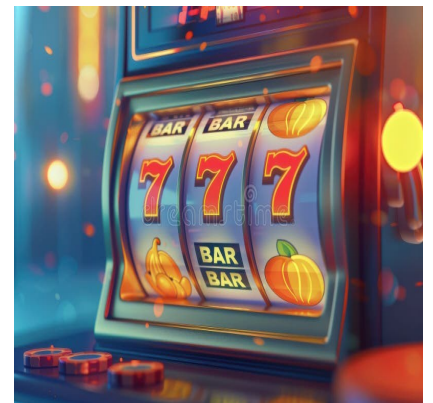
RESTAURANT TRIP OF THE MONTH

YOLI'S|CUCINA & CRAFTHOUSE/JEFFERSON HILLS

TUESDAY NOVEMBER 18TH

SIGN UP BY MONDAY NOVEMBER 10TH

WILL CALL WITH PICK UP TIMES FROM ACCESS



FELLOW TRAVELERS OPERA TRIP TO

THE BYHAM THEATER

SUNDAY NOVEMBER 16TH 2 PM

\$45/PERSON (ORCHESTRA SEATING)

PAY AND SIGN UP BY FRIDAY NOVEMBER 2ND

WILL CALL WITH PICK UP TIMES FROM ACCESS

Name: _____

Date: _____

In honor of Veterans Day, some special words are hidden in this puzzle to celebrate our heroes. Can you find them by searching in all directions? Circle each word as you find it and cross it off the list to complete this tribute to those who served.

Veterans Day

Word Search



AIR FORCE	B	V	A	L	O	R	Y	R	A	T	I	L	I	M	S	T	L
AMERICA	R	R	V	S	T	P	V	N	D	L	X	L	R	A	Z	K	M
ARMY	N	E	A	K	T	M	R	K	N	K	J	O	L	R	N	D	O
BRAVERY	M	W	I	V	M	R	D	O	Y	X	F	U	K	I	N	R	D
COAST GUARD	K	G	R	D	E	H	E	J	T	I	T	M	F	N	T	Z	E
COURAGE	K	C	C	D	L	R	X	N	N	E	E	N	A	E	R	T	E
DUTY	B	H	R	G	S	O	Y	U	G	D	C	C	T	S	O	Z	R
FLAG	R	C	T	C	A	W	S	L	A	T	I	T	K	I	P	B	F
FREEDOM	E	X	Q	O	C	L	D	L	O	R	H	C	R	H	P	N	Y
HERO	S	R	E	A	R	F	F	J	E	Y	O	T	B	T	U	W	Y
HONOR	P	E	C	S	I	F	X	M	R	U	A	K	W	Q	S	M	F
LOYALTY	E	B	R	T	F	T	A	K	R	P	O	L	Z	A	R	M	Y
MARINES	C	M	O	G	I	H	V	A	N	R	V	E	T	E	R	A	N
MEDAL	T	E	F	U	C	Y	G	C	E	W	X	Q	V	Y	N	G	W
MILITARY	X	V	R	A	E	E	V	H	F	E	C	I	V	R	E	S	M
NAVY	K	O	I	R	L	B	M	A	Q	W	Y	T	U	D	K	B	P
NOVEMBER	H	N	A	D	X	F	H	O	N	O	R	V	P	E	A	C	E

PATRIOT

PEACE

PROTECT

RESPECT

SACRIFICE

SALUTE

SERVICE

SOLDIER

STRENGTH

SUPPORT

UNIFORM

VALOR

VETERAN

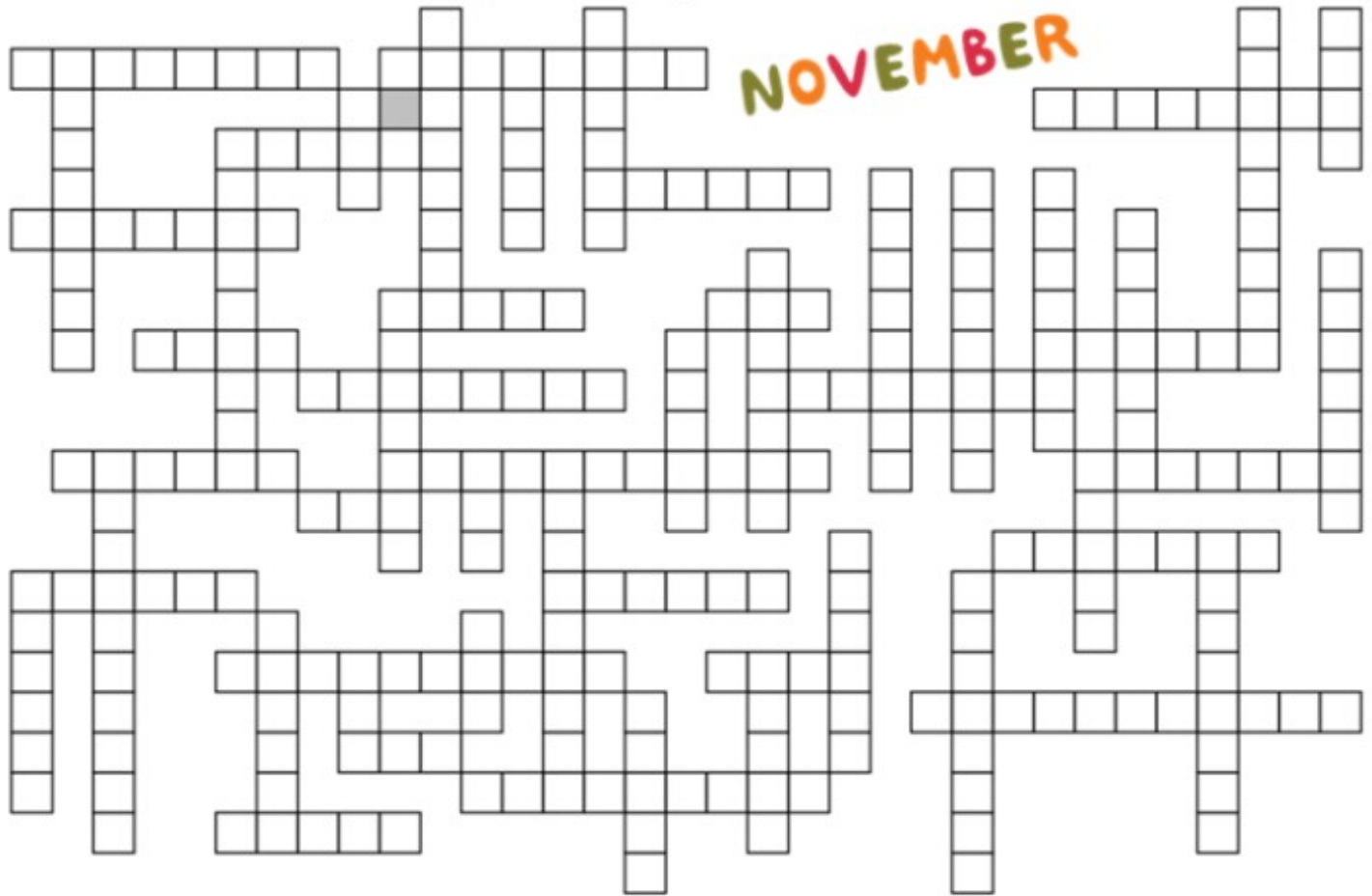




Thanksgiving Word Fill In



Write the words in the correct place on the grid based on the number of letters.



3 letters

car
nap
dad
mom
yam
son
pie

4 letters

aunt
fall
trip

5 letters

train
gravy
uncle
beans
acorn
feast
bread

6 letters

apples
gobble
parade
family
sister

gourds
autumn
dinner
turkey
travel

7 letters

grandma
cousins
blessed
foliage
brother
friends
harvest
grandpa

8 letters

grateful
stuffing
together
pumpkins
potatoes
thankful
airplane
daughter
football
potatoes
November

9 letters

relatives

casserole
plentiful
tradition

10 letters

cornucopia
appreciate

11 letters

decorations
celebration

**GOPPLE
GOPPLE**

© Puzzle Cheer





2025

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 WG Breadstick Cal 666 1 Chocolate Chip Cookie	6 BBQ Chicken (1 Chicken Breast, BBQ Sauce) 1/2 C Sautéed Greens Cal 602 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Strawberry Applesauce	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 (Special meal) Stuffed Rigatoni w/sausage 1/2 c Broccoli & Cauliflower 1 c Side Salad Pumpkin pie (1 Slice) Milk, Salad dressing	12 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	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 Nonmandy Vegetable Blend Cal 628 1/2 C Pasta Shells w/2 Tbsp Sauce 1 Sl Pound Cake, 1/4 C Berries
17 Smoothed 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 Cheeseburger (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 FRIENDSGIVING CELEBRATION NO REGULAR LUNCH
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