



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



2025

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**

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 9:30 AM**

LUNCHTIME

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

TUESDAY NOVEMBER 11TH

VETERAN'S DAY

**WE HONOR AND SALUTE ALL OF OUR VETERANS.
WILL NEVER FORGET THEIR BRAVERY, HONOR,
AND COURAGE.**



WEEKLY ACTIVITIES

Monday 12:00 PM - Instructional Pool

1:00 PM - Wii Bowling

12PM-1:45PM - Movie

10:30 AM - CARDIO DRUMMING



Tuesday Memory Trivia Challenges

12:00 PM - Card Club

Wednesday

12:30 PM - Penny Pokeno

1:30pm - Karaoke

10:30 AM - CARDIO DRUMMING

PO-KE-NO



Thursday

12:00 PM - Card Club

Friday Nickel Pokeno

12:00 PM - Card Club

10:30 AM - CARDIO DRUMMING BALL

MEMO: **EVERYONE MUST SIGN IN AT FRONT DESK



BEFORE ENTERING THE CENTER

Use Your Copilot TAG

Please Bring it with you every day!

YOU MUST USE THE COPILOT TAG

TO REGISTER FOR LUNCH!

NO EXCEPTIONS!!!!



HEALTH SCREENINGS

Tuesday: 11:00 AM - 12:00 PM

NOVEMBER 4, 2025

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



PERK DAY



CONTINENTAL BREAKFAST

PERK DAY WEDNESDAY NOVEMBER 19TH

AT 10 AM

ALL YOUR BREAKFAST FAVORITES

NO PERK PAY \$5

SIGN UP BY WEDNESDAY NOVEMBER 12TH

2 HOT DOGS AND A BAG OF CHIPS

WITH YOUR PERK CARD

ON WEDNESDAY NOVEMBER 12, 2025

11:30 AM WITH LUNCH

NO PERK PAY \$5

MUST SIGN UP BY

FRIDAY NOVEMBER 7, 2025

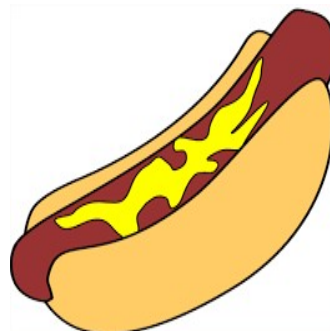
PIZZA HUT PIZZA

PERK DAY ON TUESDAY

NOVEMBER 25, 2025

11:30 AM WITH LUNCH

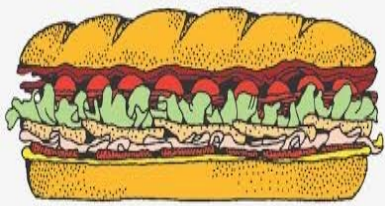
RECEIVE A DELICIOUS PIECE
OF PIZZA WITH YOUR PERK
CARD NO PERKS PAY \$1 EACH



Speakers & Presentations

LEARN ABOUT
IDENTITY FRAUD WITH
ED FLOWERS ON
WEDNESDAY NOVEMBER 5TH
AT 11 AM

Fundraising Events



WE ARE HAVING A
HOAGIE/PIZZA FUNDRAISER!
WE ARE SELLING A VARIETY OF

MARIANNA'S HOAGIES AND PIZZAS FOR \$10 EACH
ALL HOAGIES ARE 14 INCH AND PIZZAS ARE 12 INCH.
ALL THE FRESH HOAGIE TOPPINGS ARE
INDIVIDUALLY VACUUM SEALED IN EVERY HOAGIE.

TURN IN ALL ORDERS WITH CASH OR CHECK MADE OUT TO
LIFESPAN BY

MONDAY JANUARY 12, 2026

PICK UP WILL BE

WEDNESDAY JANUARY 21, 2026

AT 1 PM AT LIFESPAN

530 MILLER AVENUE

CLAIRTON, PA 15025

ANY QUESTIONS ASK AMY (412) 664-
5434

PLEASE SEE THE NEXT PAGE FOR ALL THE VARIETIES



14" FAMOUS HOAGIES

Made On a Freshly Baked Italian Roll



ITALIAN
Peppered Ham, Capicola Ham, Genoa Salami, Provolone Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



ALL AMERICAN
Cooked Salami, Ham, Bologna, American Cheese, Marianna's Own Italian Dressing



HAM & SWISS
Virginia Baked Ham, Swiss Cheese, Pickles, Horseradish Sauce, Marianna's Own Italian Dressing



HAM CLUB
Cooked Sliced Bacon, Imported Ham, Virginia Baked Ham, American Cheese, Pickles, Marianna's Own Sweet & Sassy Mayo



TRADITIONAL
Imported Ham, Genoa Salami, Provolone Cheese, Mild Pepper Rings, Marianna's Own Italian Dressing



NEW
With SETZERS' Smokehouse Meats



SWEET LEBANON BOLONIA
Setzer's Double Smoked Sweet Lebanon Bologna, American Cheese, Mild Pepper Rings, Marianna's Own Sweet & Sassy Mayo



ROAST BEEF
Roast Beef, Provolone Cheese, Pickles, Horseradish Sauce, Marianna's Own Italian Dressing



SMOKED HAM & CHEDDAR
Smoked Ham, Cheddar Cheese, Mild Pepper Rings, Marianna's Own Sweet & Sassy Mayo



TURKEY
Roasted Turkey Breast, Provolone Cheese, Pickles, Mayonnaise, Marianna's Own Italian Dressing



THREE CHEESE
Provolone, American, and Swiss Cheese, Mild Pepper Rings, Pickles, Marianna's Own Italian Dressing

12" PIZZAS

Made on Mariannas Own Freshly Baked Crust



PEPPERONI
DelGrosso NEW YORK STYLE Pizza Sauce, Shredded Mozzarella & Provolone Cheese, Pepperoni



WHITE
Shredded Mozzarella & Provolone Cheese, Olive Oil Blend, Tomatoes, Onions, Mild Pepper Rings, Green Peppers, Herbs, Spices



CHEESE
DelGrosso NEW YORK STYLE Pizza Sauce, Shredded Mozzarella & Provolone Cheese

All Hoagies Include: Lettuce, Tomato, and Onions, except Ham Club (No Onions).
For complete nutritional and allergen information, visit our website at mariannasfundraisers.com

www.MariannasFundraisers.com



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

**Friday
December 12th**

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



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



ANGEL TREE
SEASONAL ASSISTANCE
Angel Tree Program
(0-13 Years Old)

Clairton Salvation Army Angel Tree signup will
take place at Livingston Pharmacy:

550 Miller Ave. Clairton, PA 15025

SERVING ZIP CODES: 15025, 15034, 15039, 15088

**Please note the changed
application dates:**

Thursday, October 9: 12 - 3 pm

Monday, October 27: 10 am - 1 pm

Friday, November 7: 11 am - 2 pm



MUST BRING THE FOLLOWING:

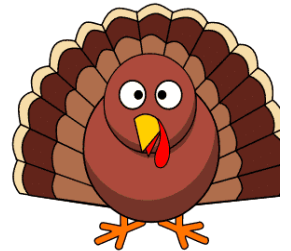
Photo ID for anyone over 18 in the house
Birth Certificates for anyone under 18
Proof of Address - Utility Bill, Lease
Proof of Income

Questions? Please call 412-463-3166



THANKSGIVING

WORD SEARCH



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

TURKEY
FAMILY
PIE
FOOTBALL
PUMPKIN

GOBBLE
SQUASH
PILGRIM
FALL
NOVEMBER

THANKFUL
FEAST
LEAVES
MAYFLOWER
CORN

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>

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





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 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli Cal 726 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding	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 Nondandy Vegetable Blend Cal 628 1/2 C Pasta Shells w/2 Tbsp Sauce 1 Sl Pound Cake, 1/4 C Berries
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	