



DECEMBER  
2025

## 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](http://www.lifespanpa.org)

**IMPERIAL LIFESPAN will be CLOSED on the following days:**  
**12/5 for all staff meeting;**  
**12/24, 12/25, 12/31 & 1/1. Wishing you the happiest of holidays!**



**Monday, December 15, 2025**

**10:00 am to 2:00 pm**

**Cost \$5.00**

### Menu

**Steak Diane, Peas & Pearl Onions**

**Potato Au Gratin, Apple Crisp**

**Fun & Games, Music, Door Prizes, & more!!**

**Bring your daubers & dollars!**

[No regular Monday bingo, but you'll have multiple opportunities to win!]

**MUST R.S.V.P. & PAY BY 12/5/25**

**Limited to first 80!**

### CHOOSING AT-HOME CARE:

**Tuesday, December 9  
11:00 am**

**Presented by Visiting Angels**

**Sign up by 12/5**

**[Sign up appreciated but not required]**

### BEREAVEMENT SCAMS

**Monday, December 29  
10:30 am**

**Presented by PA Office of Attorney General**

**Sign up by 12/23**

**[Sign up appreciated but not required]**



## TECH TUTORING Tuesday, December 16

[Individual 1/2 hour sessions:

1:00 pm, 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.**

Presented by the Western Allegheny  
Community Library



## **TAI CHI FOR ARTHRITIS & FALL PREVENTION:**

**Fridays @ 1pm [current participants only]**

[No class December 5 & 19. Check back regarding December 26]

Coming in January 2026:

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

**Wednesday, January 14**

**Stay tuned for details!**

**Your special memories & photographs  
are welcome!**

# On-going Events:

## **CARDIO DRUMMING EXERCISE:**

**Mondays @ 10:00 am [New day & time!]**

## **STRENGTH/ BALANCE EXERCISE:**

**Tuesdays @ 10 am**

## **LINE DANCE:**

**Wednesdays @ 9:15 am**

## **ADVISORY BOARD MEETING:**

**Wednesday, 12/10 @ 10 am**

## **KNIT & CROCHET:**

**Wednesdays @ 1 pm**

## **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, Bunco & 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. No regular bingo 12/15*



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

**Please sign up on the LifeSpan check-in computer by 10:30 am 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, Thursday & 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

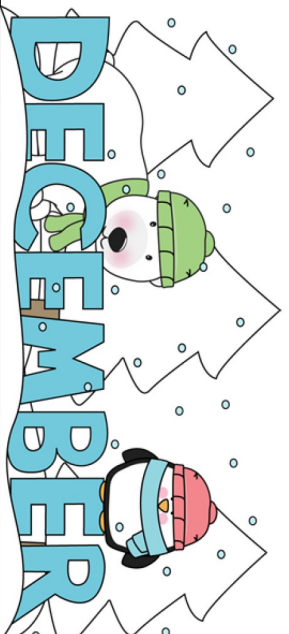
Your donations are very much appreciated! **PLEASE NOTE: All donations must be given to staff members only!**



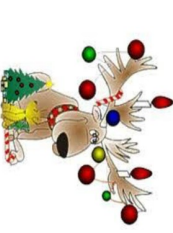
## CLOSURES & DELAYS

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](http://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.



2025

| Mon                                                                                                                                                                                                                         | Tue                                                                                                                                                                                              | Wed                                                                                                                                                                                                                                              | Thu                                                                                                                                                                                                                    | Fri                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>1 Broccoli Cheese Stuffed Chicken</b> (1 Stuffed Breast)<br/>1/2 C Peas &amp; Pearl Onions<br/>1/2 C Rosemary Roasted Potatoes<br/>WW Bread w/Margarine<br/>1/2 C Fresh Fruit Salad <b>Cal 639</b></p>                | <p><b>2 Sausage &amp; Peppers</b><br/>(1 Sausage Link w/Tomato Sauce)<br/>1/2 C Diced Potatoes<br/>1/2 C Peppers &amp; Onions<br/>WG Hoagie Roll<br/>1/2 C Jello <b>Cal 843</b></p>              | <p><b>3 Firehouse Chili</b><br/>(1 C Beef and Bean Chili)<br/>1/2 C Corn<br/>1/2 C Brown Rice<br/>WW Bread w/Margarine<br/>1/2 C Fresh Pineapple <b>Cal 710</b></p>                                                                              | <p><b>4 Grilled Chicken Salad</b><br/>(1/2 C Grilled Chicken)<br/>Salad &amp; Dressing<br/>(Lettuce/Tomato/Cucumber)<br/>1 C Tomato Soup<br/>1/2 C Macaroni &amp; Cheese<br/>1/2 C Peach Applesauce <b>Cal 601</b></p> | <p><b>5 CENTERS CLOSED</b></p>                                                                                             |
| <p><b>8 Breaded Dill Chicken Sandwich w/WW Roll</b><br/>(1 Breaded Dill Chicken Breast)<br/>1/2 C Tomato/Cuke Salad<br/>1/2 C Chickpea, Kale, Edamame, Quinoa Blend Mayo Pkt<br/>Fresh Cantaloupe <b>Cal 730</b></p>        | <p><b>9 Petite Beef Tenderloin Marsala</b>(1 SI Beef w/Marsala Sauce)<br/>1/2 C Carrots<br/>1/2 C Mashed Potatoes<br/>WW Bread w/Margarine<br/>Fresh Pear <b>Cal 762</b></p>                     | <p><b>10 Chicken Avocado Salad</b><br/>(3/4 C Diced Chicken)<br/>Salad (2 C Lettuce, 2 Tbsp Tomato, 2 Tbsp Cukes, 1/4 Avocado) and Dressing<br/>1 C Sweet Pepper/Beef Soup<br/>WW Bread w/Margarine<br/>1/2 C Diced Pineapple <b>Cal 651</b></p> | <p><b>11 Lemon Pepper Cod</b><br/>(1 Cod Filet)<br/>1/2 C Broccoli<br/>1/2 C Parmesan Penne Pasta<br/>SI Banana Bread w/Margarine<br/>Fresh Apple <b>Cal 716</b></p>                                                   | <p><b>12 Stuffed Cabbage Roll</b><br/>(1 Cabbage Roll)<br/>1/2 C Mashed Potatoes<br/>1/2 C Green Beans<br/>WW Bread w/Margarine<br/>1/2 C Greek Yogurt w/1/4 C Peaches <b>Cal 634</b></p>                       |
| <p><b>15 CHRISTMAS PARTY!</b><br/><br/>See page 1 of newsletter for menu, deadlines, etc.</p>                                                                                                                               | <p><b>16 Turkey &amp; Smoked Gouda Sandwich</b> (3 SI Turkey, 1 SI Cheese) WW Sandwich Roll<br/>1/2 C Coleslaw<br/>1 C Mediterranean Vegetable Soup<br/>1/2 C Fresh Grapes <b>Cal 632</b></p>    | <p><b>17 Meat Lasagna</b><br/>(1 Slice Lasagna)<br/>1 C Tossed Salad w/Dressing<br/>1/2 C Italian Veggie Blend<br/>WG Breadstick<br/>Chocolate Chip Cookie <b>Cal 666</b></p>                                                                    | <p><b>18 BBQ Chicken</b><br/>(1 Chicken Brease, BBQ Sauce)<br/>1/2 C Sautéed Greens <b>Cal 602</b><br/>1/2 C Buttered Chuckwagon Corn<br/>WW Bread w/Margarine<br/>1/2 C Strawberry Applesauce</p>                     | <p><b>19 French Onion Beef Sandwich</b>(1/3 C Beef, Swiss Cheese, Balsamic Onions)<br/>1/2 C Italian Baby Bkd Potatoes<br/>1/2 C Buttered Carrots<br/>WW Sandwich Roll<br/>1/2 C Fresh Fruit <b>Cal 678</b></p> |
| <p><b>22 Meatball Rosini</b><br/>(3 Meatballs, 1/4 C Creamy Tomato Sauce)<br/>1/2 C Broccoli &amp; Red Peppers<br/>1 C Tossed Salad w/Dressing<br/>1/2 C Penne w/Sauce <b>Cal 850</b><br/>Bread w/Margarine 1/2 C Jello</p> | <p><b>23 Roast Turkey</b><br/>1 Slice Turkey w/Gravy<br/>1/2 C Honey Glazed Carrots<br/>1/2 C Cranberry Combread Stuffing<br/>WW Bread w/Margarine<br/>1/2 C Fresh Cantaloupe <b>Cal 609</b></p> | <p><b>24 CENTERS CLOSED</b></p>                                                                                                                                | <p><b>25 CENTERS CLOSED</b></p>                                                                                                     | <p><b>26 Spanish Omelet</b><br/>1/2 C Diced Potatoes<br/>1/2 C Peppers &amp; Onions<br/>WG Croissant w/Margarine<br/>1/2 C Greek Yogurt w/1/4 C Berries <b>Cal 600</b></p>                                      |
| <p><b>29 Raspberry BBQ Chicken</b><br/>(1 Grilled Chicken Breast)<br/>1/2 C Succotash <b>Cal 655</b><br/>1/2 C Roasted Sweet Potatoes<br/>WW Sandwich Roll w/Marg<br/>1/2 C Fresh Watermelon</p>                            | <p><b>30 Swiss Steak</b><br/>(1 Beef Patty, Tomato Gravy)<br/>1/2 C Broccoli <b>Cal 726</b><br/>1/2 C Mashed Potatoes<br/>WW Bread w/Margarine<br/>1/2 C Chocolate Pudding</p>                   | <p><b>31 CENTERS CLOSED</b></p>                                                                                                                                | <p><b>Happy New Year!</b></p>                                                                                                        |                                                                                                                               |