

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

WEDNESDAY DECEMBER 24TH

THURSDAY DECEMBER 25TH

WEDNESDAY DECEMBER 31ST

JANUARY 1ST, 2026

ALL CENTERS WILL BE CLOSED

FRIDAY DECEMBER 5TH

FOR OUR QUATERLY TEAM MEETING
WE WILL RESUME NORMAL HOURS ON
MONDAY DECEMBER 8TH AT 9:00 AM



HAPPY NEW YEAR! BRING IN 2026 AT LIFESPAN!

VAUGH HUDSPATH WILL BE HERE TO PERFORM

ON MONDAY DECEMBER 29TH AT 12:30 PM

STARTING AT 10 AM ENJOY APPETIZERS,

HAVE A DELICIOUS LUNCH AT 11:30 AM

Raspberry BBQ Chicken

Succotash, Roasted Sweet Potatoes

Sandwich Roll w/Marg, Fresh Watermelon

TICKETS ON SALE NOW!

SIGN UP AND PAY BY FRIDAY DECEMBER 19TH

\$15/PERSON

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





Stay Active
& Independent
for Life (SAIL)

MONDAY ACTIVITIES



10:00 AM S.A.I.L. EXERCISE

11:00 AM: CARD CLUB

12:00 PM: MEMBERSHIP BINGO

(\$5 PACKAGE INCLUDES:

2 BOARDS, 3 SPECIALS AND A JACKPOT)

ADDITIONAL CARDS ARE \$.50 EACH

2:00 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

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

Speakers & Presentations

MEET AN ANIMAL FRIENDS

THERAPET ON MONDAY

DECEMBER 1ST AT 10:30 AM

PITT UNIVERSITY/MAPS

WILL BE HERE ON

MONDAY DECEMBER 8TH AT 10 AM

WITH A FUN ACTIVITY FOR YOU!

MEET ALLISON HINDMAN FROM

AMERIHEALTH CARITAS

TO LEARN ABOUT

Senior Law: Housing Rights & Elder Law In
(partnership with Senior Law Center)

December 15th @ 10:30 AM


AmeriHealth Caritas
Pennsylvania



TUESDAY DAILY ACTIVITIES

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

10:00 AM CARDIO DRUMMING CLASS

THIS IS A VIRTUAL CLASS.

NEW ROUTINES EVERY WEEK!

JOIN US EVERY TUESDAY IN DECEMBER



Lou's Art Class/Make a Christmas card

TUESDAY DECEMBER

9TH AND 23RD STARTS AT 12:30 PM

Instructor: Lou Romanchak

Special Events

**IT'S A BIRTHDAY
CELEBRATION FOR
ANY BIRTHDAY IN
NOVEMBER AND
DECEMBER**

ENJOY CAKE AND ICE
CREAM ON TUESDAY

DECEMBER 30TH

AT 12:00 PM

SIGN UP BY FRIDAY

DECEMBER 26TH



ALL ABOARD THE POLAR EXPRESS!

TUESDAY, DECEMBER 23 • 12:00 PM

Wear Your Coziest Pajamas!

Get ready for a magical holiday adventure as we watch **THE POLAR EXPRESS**, the heart-warming Christmas movie about a young boy who takes an unforgettable train ride to the North Pole—discovering friendship, courage, and the true spirit of Christmas along the way.

ENJOY TREATS!



- Popcorn
- Candy
- Nachos & Cheese
- Holiday cheer!



FESTIVE • FUN • FAMILY-FRIENDLY

Step aboard, believe in the magic,
and celebrate the season with us!



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 DECEMBER 3RD 10:30 AM HEALTH SCREENINGS

WEDNESDAY DECEMBER 17TH 10:30 AM HEALTH EDUCATION



MAKE CINNAMON ORNAMENTS WITH KERRI

ON WEDNESDAY DECEMBER 10TH

10 AM-11:30 AM

SIGN UP AND PAY BY THURSDAY DECEMBER 8TH \$3

WEDNESDAY DECEMBER 10TH 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

KNITTING/ CROCHET CLUB

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

WILL MEET DECEMBER 4TH AND 11TH

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

**NOTE: WE WILL BE CLOSED ON
THURSDAY DECEMBER 25TH**

FOR CHRISTMAS

Special Events

**McKeesport A Cappella Choir & Show Choir
LIVE PERFORMANCE!**

**Thursday, December 18th
@ 12:30 PM**

**Join us for a festive afternoon filled with music, laughter,
and holiday cheer as the talented**

McKeesport students take the stage!

**Enjoy complimentary hot chocolate &
Fresh popcorn served during the show**

**Come support the students and celebrate
the season! All are welcome!**

**MAKE THIS ADORABLE SOCK SNOWMAN
WITH AMY AND KERRI
ON THURSDAY DECEMBER 4TH
AT 12:30 PM \$2/PERSON**



FRIDAY DAILY ACTIVITIES



ON THE MOVE

WALKING CLASS WITH AMY FRIDAY

DECEMBER 19TH AND 26TH ONLY

Time: 10:00 AM-10:45 AM

This is a FREE exercise program

developed by physical therapists

onthemove****
Group Exercise for Improved Mobility in Older Adults®

LifeSpan
Together We Can!

Bethel Park - Chartiers - Imperial - Mon Valley - Steel Valley

2026 Membership Drive

What does the Membership Include?

Book Club
Day & Overnight Trips
Crafts
Card Clubs
Casino Trips
Exercise Programs
Party Discounts
Speakers
Lunch Outings
Computers
Advisory Committee
Shopping Trips
*ACTIVITIES VARY BY CENTER



RENEW
OR SIGN
UP
TODAY!

Have a Question?

Ready to Sign Up?

Talk to a LifeSpan Employee or Volunteer

\$15.00
DONATION

Membership

Good

January 1st

Thru

December 31st

Perk Card Included!

A complementary Perk Card is included with every Membership. The card has five "Perks" that can be used throughout the year, at the users' discretion.

Every Center will have different ways to use the Perks. They will announce "Perk" days/items in their newsletter or announcements.

A word of caution:

The Perk Card is given out with a paid Membership. Once the 5 Perks run out, the card is not longer usable.

Mon Valley LifeSpan

Christmas Luncheon/Party!

FRIDAY December 12th 10:00 AM-2:00 PM

TICKETS ON SALE NOW! \$20/PERSON

ENJOY COFFEE, TEA AND SWEET TREATS AT 10:00 AM,
LUNCH WILL BE SERVED AT 11:30 AM

STUFFED CABBAGE, MASHED POTATOES, GREEN
BEANS, BREAD W/MARGARINE, GREEK YOGURT

W/PEACHES

WE WELCOME BACK THE BELAIRS AT 12 PM!

LAST DAY TO SIGN UP AND PAY MONDAY

DECEMBER 8TH

LifeSpan
MON VALLEY

ACTIVE LIFE CENTER

**RENEW YOUR
2026 MEMBERSHIP**

STARTING DECEMBER 22

Don't wait—renew your membership to
continue enjoying all the benefits of the
center!

MEMBERSHIP BENEFITS

- Access to fitness classes
- Use of exercise equipment
- Social activities
- Health and wellness programs



**WEAR YOUR FAVORITE UGLY
CHRISTMAS SWEATER AND
RECEIVE AN EXTRA PACKAGE
VALUED AT \$5**

\$1000 BINGO & Lunch

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

Saturday DECEMBER 20, 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**

**LifeSpan Active Life Center
Olympia Shopping Center
4313 Walnut St.**

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center

Attention!



**LET'S TACO ABOUT
WALKING TACO PERK DAY!
THURSDAY DECEMBER 11TH
AT 11:30 AM
MUST USE YOUR
PERK CARD
SIGN UP BY
MONDAY DECEMBER 8TH**



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

**BREAKFAST WITH SANTA
ENJOY ALL YOUR BREAKFAST
FAVORITES ON TUESDAY
DECEMBER 23RD AT 9:30 AM
MUST USE YOUR PERK CARD
SIGN UP BY TUESDAY
DECEMBER 16TH**

GROUP TRIPS W/ OPT

RIVERS CASINO GROUP TRIP: MONDAY DECEMBER 29TH

SIGN UP BY MONDAY DECEMBER 22ND

WILL CALL WITH PICK UP TIMES FROM ACCESS

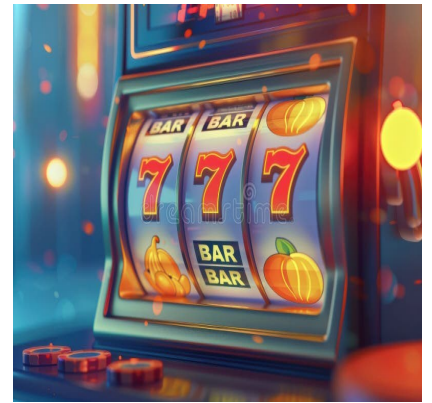
RESTAURANT TRIP OF THE MONTH

THE GRAND CONCOURSE/STATION SQUARE

TUESDAY DECEMBER 16TH

SIGN UP BY TUESDAY DECEMBER 9TH

WILL CALL WITH PICK UP TIMES FROM ACCESS



Pittsburgh's blockbuster holiday experience is
back, bringing more indoor and outdoor splendor
than ever before at

[Phipps Conservatory and Botanical Gardens](#)' Holiday Magic!

SEE THE MAGIC ON FRIDAY DECEMBER 19TH

SIGN UP AND PAY BY FRIDAY DECEMBER 12TH

\$22/PERSON

HAVE AN ACCESS (EBT CARD) SEE AMY, YOU CAN PAY

ONLY \$3/PERSON FOR YOU AND 3 OTHERS

WILL CALL WITH PICK UP TIMES FROM ACCESS



Fundraising Events

BACK BY POPULAR DEMAND!

FRESHLY MADE HAM SALAD

\$5 FOR A 1/2LB

PICK UP MONDAY DECEMBER 22ND

PLEASE PAY AT THE FRONT DESK



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 2 PM AT THE MON VALLEY LIFESPAN

ANY QUESTIONS ASK AMY (412) 664-5434

PLEASE SEE THE NEXT PAGE FOR ALL

THE VARIETIES





IMPORTANT!

Winter Weather Advisory

For inclement weather closings please tune into...

WTAE TV - Channel 4

KDKA TV - Channel 2





HOLIDAY WORD SEARCH



Solve the following puzzle by finding all the hidden words!



WREATH
HOLLY
BELL
JINGLE
CLOVES
WINTER

ORNAMENT
COOKIES
STAR
COCOA
GLOVES

SLEIGH
SNOWMAN
STOCKING
TREE
ANGEL

RUDOLPH
TINSEL
CANDY CANE
CANDLE
NUTMEG



Fundraising Events

**SUPERBOWL 60
IS SUNDAY
FEBRUARY 8TH 2026**

SUPER BOWL 60 FOOTBALL POOL FUNDRAISER!

LifeSpan Mon Valley Active Life Center

Get in the game and support a great cause!

**Grab your square for our SUPER BOWL 60
FUNDRAISER FOOTBALL POOL – only \$20 per
square!**

PAYOUTS

1st Quarter: \$150

Halftime: \$200

3rd Quarter: \$150

Final Score: \$500



**ALL PROCEEDS
BENEFIT**

LifeSpan Mon Valley Active Life Center



QUESTIONS?

**Contact: Amy Marcic
412-664-5434**

**DON'T MISS OUT – GET YOUR
SQUARE TODAY!**

Life
Span
Together We Can!



2025


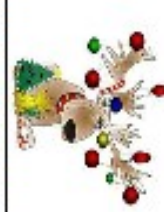

Mon

Tue

Wed

Thu

Fri

1 Broccoli Cheese Stuffed Chicken (1 Stuffed 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	2 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 843	3 Firehouse Chili (1 C Beef and Bean Chili) 1/2 C Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 710	4 Grilled Chicken Salad (1/2 C Grilled Chicken) Salad & Dressing (Lettuce/Tomato/Cucumber) 1 C Tomato Soup 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 601	5 CENTERS CLOSED 
8 Breaded Dill Chicken Sandwich w/WW Roll (1 Breaded Dill Chicken Breast) 1/2 C Tomato/Cuke Salad 1/2 C Chickpea, Kale, Edamame, Quinoa Blend Mayo Pk Fresh Cantaloupe Cal 730	9 Petite Beef Tenderloin Marsala (1 Sl Beef w/Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 762	10 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Lettuce, 2 Tbsp Tomato, 2 Tbsp Cukes, 1/4 Avocado) and Dressing 1 C Sweet Pepper/Beef Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 651	11 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta Sl Banana Bread w/Margarine Fresh Apple Cal 716	12 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
15 Meatloaf with Gravy (1 Sl Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658	16 Turkey & Smoked Gouda Sandwich (3 Sl Turkey, 1 Sl Cheese) WW Sandwich Roll 1/2 C Colelaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	17 Meat Lasagna (1 Slice Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggie Blend WG Breadstick Chocolate Chip Cookie Cal 666	18 BBQ Chicken (1 Chicken Breese, BBQ Sauce) 1/2 C Sautéed Greens Cal 602 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Strawberry Applesauce	19 French Onion Beef Sandwich (1/3 C Beef, Swiss Cheese, Balsamic Onions) 1/2 C Italian Baby Bkd Potatoes 1/2 C Buttered Carrots WW Sandwich Roll 1/2 C Fresh Fruit Cal 678
22 Meatball Rosini (3 Meatballs, 1/4 C Creamy Tomato Sauce) 1/2 C Broccoli & Red Peppers 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce Cal 850 Bread w/Margarine 1/2 C Jello	23 Roast Turkey 1 Slice 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 609	24 CENTERS CLOSED 	25 CENTERS CLOSED 	26 Spanish Omelet 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
29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash Cal 655 1/2 C Roasted Sweet Potatoes WW Sandwich Roll w/Marg 1/2 C Fresh Watermelon	30 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	31 CENTERS CLOSED 