

#### Steel Valley

#### Active Life Center

9:30 AM to 2:00 PM
530 Miller Ave
Clairton, PA 15025
412-233-4847
BEVERLY HOGAN
SITE COORDINATOR





ALL CENTERS WILL BE CLOSED

FRIDAY DECEMBER 5TH

FOR OUR QUATERLY TEAM MEETING

WE WILL RESUME NORMAL HOURS ON

MONDAY DECEMBER 8TH AT 9:30 AM





**ALL CENTERS WILL BE CLOSED** 

**WEDNESDAY DECEMBER 24TH** 

THURSDAY DECECEMBER 25th

**WEDNESDAY DECEMBER 31st** 

THURSDAY JANUARY 1st, 2026

FOR THE HOLIDAY SEASON!!



**NEED A RIDE??** 

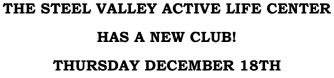
Did you know that you

can sign up for

**ACCESS/OPT at LifeSpan?** 

Stop by the front desk, Please bring your driver's license or photo ID

LUNCHTIME



FROM 12:30- 1:30 PM BE HERE

FOR AN INTRODUCTION TO OUR NEW PAINTING CLUB

WE WILL BE PAINTING STONES.

EACH STONE IS \$1.

STAY TUNED FOR DETAILS COMING SOON ON HOW TO JOIN THE PAINTING CLUB!



#### **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



## IMPORTANT!



For inclement weather closings please tune into...

**WTAE TV - Channel 4** 

**KDKA TV - Channel 2** 

### WEEKLY ACTIVITIES

**Monday** 10:30 AM CARDIO DRUMMING

12:00 PM Instructional Pool

12:00 PM-1:45 PM Movie

1:00 Wii Bowling

**<u>Tuesday</u>** Memory Trivia Challenges

12:00 PM - Card Club

**Wednesday** 10:30 AM CARDIO DRUMMING

12:30 PM - Penny Pokeno

1:30 PM Karaoke

Thursday 12:00 PM Card Club

**Friday** 10:30 AM CARDIO DRUMMING Ball

12:00 PM - Card Club/

Nickel Pokeno

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

DECEMBER 2, 2025

Health Screenings

and Initiative A-1C





# PERK DAY

#### PERK DAY TUESDAY DECEMBER 23RD

AT 10:00 AM

**DONUTS/HOT CHOCOLATE** 

**NO PERK PAY \$3** 

SIGN UP BY TUESDAY DECEMBER 16TH

## Special Events

Clairton School Choir LIVE PERFORMANCE!

Tuesday December 9th @ 11:00 AM





laughter and holiday cheer as the talented

Clairton students take the stage!

**Enjoy complimentary hot chocolate and** 

sing-a-long during the show!

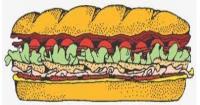
Come support the students and celebrate the season!

All are welcome!

Speakers & Presentations

LEARN ABOUT
SCAMS WITH
BALTIMORE LIFE ON
THURSDAY DECEMBER 4TH
AT 11:00 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



## Group Trips w/OPT



RIVERS CASINO GROUP TRIP:

THURSDAY DECEMBER 4TH

SIGN UP BY

MONDAY DECEMBER 1ST

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 BEVERLY

YOU CAN PAY ONLY \$3/PERSON

**FOR YOU AND 3 OTHERS** 

WILL CALL WITH PICK UP TIMES FROM ACCESS

#### LifeSpan's Meals on Wheels





450 Dozen cookies are needed to brighten our Seniors spirits this holiday season. NO COOKIES

Simply donate 2-3 dozen OR PEANUT BUTTER. cookies by

#### Friday December 12th



**LifeSpan Main Office** 314 E. 8th Ave Homestead, PA 15120

Call 412-464-1300 with Questions









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

#### 2026 Membership Drive



**2026 MEMBERSHIP** SIGN-UPS WITH **BEVERLY ON** FRIDAY DECEMBER 26TH PLEASE BRING YOUR ID AND HEALTH INSURANCE CARD

**AND \$15 CASH OR CHECK** 

MADE OUT TO LIFESPAN



#### 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 TODAY!

Have a Question? Ready to Sign Up?

Talk to a LifeSpan Employee or Volunteer



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.

## **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: <a href="https://www.facebook.com/ClairtonFCAIU">https://www.facebook.com/ClairtonFCAIU</a>

Website: <a href="https://www.aiu3.net/familycenters">https://www.aiu3.net/familycenters</a>

#### **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: <a href="https://www.facebook.com/libraryclairton15025">https://www.facebook.com/libraryclairton15025</a>

Website: <a href="https://clairtonlibrary.org/">https://clairtonlibrary.org/</a>

**Phone number:** (412) 233-7966





BOOTS CHILLY

WORD LIST

COAT

COLD

**FEBRUARY** 

**FIREPLACE** 

**FLURRIES** 

FREEZE

FROST

FROSTBITE

HIBERNATE

HOLIDAY

HOT CHOCOLATE

ICE SKATING

**ICICLE** 

**IGLOO** 

**JACKET** 

**MITTENS** 

**NEW YEAR** 

PENGUIN

SCARF

SKIING

SLEIGH

SNOW

SNOWFLAKE

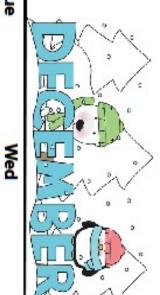
**SNOWMAN** 

SOLSTICE

WINTER

R TOOBUQO Ε T SNOWMANARH E YEJACKETNLVW 7. BXLPFSO F. S SUEROMCN NALDFONBG J NVMGCSARWHENH ANUSTUOFXC I I D I I SLLMI S HCWTAMZKTSBD EXBKC I S EONS S THOBP E P I T TRENC TNAFWTS SNCXEEANRKAE OTAMLNGROFO HFLJ SSYEERC ZEPXKYKBQOWR FAHU C B EIUSYU HRRNTZGHXTXL U IKIBA I FVMF Ι LAFGNJ EMEY Z KLRQIGLOOZLHO YYDLOCPLHASB





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	· · · · · · · · · · · · · · · · · · ·	NEW YEAK!	1/2 C Chocolate Pudding	1/2 C Fresh Watermelon
	M. Howard & W.	DITING ON the	30 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli Cal 726 1/2 C Mashed Potatoes 1/2 C Mashed Potatoes	29 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash Cal 655 1/2 C Roasted Sweet Potatoes UVW Sandwich Roll w/Mare
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	25 CENTERS CLOSED	24 CENTERS CLOSED	23 Roast Turkey 1 Slice Turkey w'Gravy 1/2 C Honey Glazed Carrots 1/2 C Cramberry Combread Shuffing WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 609	22 Meatball Rosini (3 Meatballs , 1/4 C Creamy To- mato 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
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	18 BBQ Chicken (1 Chicken Brease, BBQ Sauce) 1/2 C Sauteed Greens Cal 602 1/2 C Buttered Chuckwagon Com WW Bread w/Margarine 1/2 C Strawberry Applesauce	17 Meat Lasagna (1 Slice Lasagna) 1 C Tossed Salad w/Dressing 1/2 C Italian Veggje Blend WG Breadstick Chocolate Chip Cookie Cal 666	16 Turkey & Smoked Gouda Sandwich (3 Sl Turkey, 1 Sl Cheese) WW Sandwich Roll 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 632	15 Meatloaf with Gravy (1 SI Meatloaf w/Gravy) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Jello Cal 658
12 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans 1/2 C Green W/Margarine 1/2 C Greek Yogurt w/1/4 C Peaches Cal 634	11 Lemon Pepper Cod (1 Cod Filet) 1/2 C Broccoli 1/2 C Parmesan Penne Pasta S1 Banana Bread w/Margarine Fresh Apple Cal 716	10 SPECIAL MEAL  Roast Turkey (I slice Turkey w/Gravy) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Combread Stuffing WW Bread w/Margarine 1/2 C Fresh Cantaloupe	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	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 Pkt Fresh Cantaloupe Cal 730
S CENTERS CLOSED	4 Grilled Chicken Salad (1/2 C Grilled Chicken) Salad & Dressing (Lettucel Tomato/Cucumber) 1 C Tomato Soup 1/2 C Macaroni & Cheese 1/2 C Peach Applesauce Cal 601	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	Sausage & Peppers     (1 Sausage Link wTomato Sauce)     1/2 C Diced Potatoes     1/2 C Peppers & Omions     WG Hoagie Roll     1/2 C Jello     Cal 843	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
Fri	Thu	Wed	Tue	Mon