



IMPERIAL ACTIVE LIFE CENTER

Monday—Friday 9:00 am—3:00 pm; 724-218-1669; www.lifespanpa.org
540 Penn Lincoln Dr, Imperial, PA 15126

IMPERIAL LIFESPAN will be CLOSED on the following days:
Wednesday, December 31 & Thursday, January 1.

Wishing you & yours a Happy New Year and much happiness in 2026!
and

Monday, January 19 in celebration of Martin Luther King, Jr. Day

IMPERIAL LIFESPAN 10-YEAR ANNIVERSARY PARTY!

"Looking Back — Moving Forward"

Wednesday, January 28, 2025 10:30 am to 1:00 pm

Cost \$5.00 MUST R.S.V.P. & PAY BY 1/16/25 Limited to first 80!

Join us as we reminisce about the last 10 years [fun times, friendships formed & special memories], celebrate our volunteers & pioneering members, & look forward to good times to come!

Your special memories & photographs are welcome to help us decorate!

Menu

**Broccoli Cheese Stuffed Chicken; Peas & Pearl Onions
Rosemary Roasted Potatoes; Applesauce; Assorted Desserts**

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

OUT TO LUNCH BUNCH:

PANERA BREAD

295 Settlers Ridge Drive, Pittsburgh, PA 15205
[Robinson Township near the Market District]

Friday, January 16

11:30 am @ the restaurant

Sign up by Tuesday, 1/13.

[ACCESS trip not available]

TECH TUTORING

Tuesday, January 20

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.

TAI CHI FOR ARTHRITIS & FALL PREVENTION:

Fridays @ 1:00 pm [current participants only]

COMING IN FEBRUARY/ MARCH:

DR. HESS, PODIATRIST

Monday, February 23 @ 10:45 am

Fee is charged. Sign up in advance.

BREATHING EASIER

**Presented by AmeriHealth Caritas PA
February 2026 Date TBD.**

EXTENDED CARE

**[ITS IMPACT ON RETIREMENT & EFFECTS ON
FINANCIAL PLANNING IN RETIREMENT]**

Presented by Bankers Life



to all our January 'babies'!

Hope you have a wonderful day & a blessed year!

On-going Events:

CARDIO DRUMMING EXERCISE:

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

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10:00 am

LINE DANCE:

Wednesdays @ 9:15 am [check on hours for 1/28]

ADVISORY BOARD MEETING [New members welcome]:

Wednesday, 1/14 @ 10:00 am

KNIT & CROCHET:

Wednesdays @ 1:00 pm [check on hours for 1/28]

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.



BUNCO Tuesdays at noon

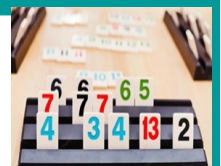
No limit. All are welcome, even if you've never played before!

EUCHRE Tuesdays at 11:30 am

Limited sign ups. Experienced players.

RUMMIKUB Wednesdays at noon [check on hours for 1/28]

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 monetary and decoration/ item 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: 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.



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 | Tue | Wed | Thu | Fri |
|--|---|---|---|---|
|  <p>5 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</p> |  <p>6 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1 SS C Guacamole 1/2 C Fresh Fruit Salad Cal 600</p> |  <p>7 Crab Cake (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716</p> |  <p>1 Centers Closed</p> | <p>2 Grilled Chicken Parm (1 Chicken Breast, 1/4 C Sauce, Mozzarella Cheese) Cal 628 1/2 C California Normandy Vegetable Blend 1/2 C Shells 2/2 Tbsp Sauce 1 Sl Pound Cake w/1/4 C Berries</p> |
| <p>12 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie Cal 633</p> | <p>13 Sausage and Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 W/G Hoagie Roll 1/2 C Jell-O Cal 841</p> | <p>14 Chicken Avocado Salad (3/4 C Diced Chicken) Salad (2 C Romaine Lettuce, 2 Tomato Wedges, 2 Tbsp Cukes, 1/4 C Avocado) WW Bread w/Marg. 1/2 C Tropical Fruit 1 C Sweet Pepper & Beef Soup Cal 654 **\$1 Hot Dog Day, Sign up by 1/7**</p> | <p>15 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 708</p> | <p>16 Vegetable Lasagna 1 Pc Lasagna w/Mozzarella) 1/2 C Carrot Coins 1 C Tossed Salad Cal 649 WW Bread w/Margarine 1/2 C Fresh Cantaloupe</p> |
| <p>19 Centers Closed</p>  | <p>20 Chicken Caesar Salad (1/2 C Grilled Chicken, Parm. Cheese) 2 C Romaine Lettuce 1 C Tomato Soup, 1 Pk Croutons WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726 **\$2 Pizza Day, Sign up/pay by 1/13**</p> | <p>21 Stuffed Cabbage Casserole (1 Pc w/Shredded Mozzarella) 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 765</p> | <p>22 Chicken Parm Sandwich (Breaded Chicken, Sauce, Mozzarella) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll Cal 826 1 Sl Pound Cake w/1/4 C Berries</p> | <p>23 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Caribbean Vegetable Blend 1/2 C Cilantro Lime Rice WW Bread w/Margarine 1 Fresh Orange Cal 613</p> |
| <p>26 Turkey & Swiss Croissant Sandwich (3 Slices Turkey, 1 Slice Swiss Cheese, W/G Croissant) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 630</p> | <p>27 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Veggie Fried Rice WW Bread w/Margarine 1 Fresh Orange Cal 611</p> | <p>28 Broccoli Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Peas & Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Applesauce Cal 659</p> | <p>29 Swiss Steak (1 Beef Patty, 2 Tbsp Tomato Gravy) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 700</p> | <p>30 Baked 3 Cheese Pasta Florentine (1 C 3 Cheese Pasta w/Spinach) 1/2 C Italian Normandy Blend 1 Garlic Breadstick 1/2 C Mixed Fruit Cal 631</p> |