



JANUARY



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

IT'S TIME! RENEW YOUR MEMBERSHIP TODAY!

ALL CENTERS WILL BE CLOSED

WEDNESDAY DECEMBER 31ST

JANUARY 1ST, 2026

HAPPY NEW YEAR!

MONDAY JANUARY 19TH, 2026

IN OBSERVANCE OF

MARTIN LUTHER KING DAY

Daily Lunch Service-must be pre-registered

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



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

REMINDER:

**HOAGIE ORDERS AND MONEY FROM
MARIANNA'S ARE DUE ON MONDAY
JANUARY 12TH. THEY WILL BE DELIVERED
ON**

WEDNESDAY JANUARY 21ST

AND AVAILABLE FOR PICK UP AT 2:00 PM.



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.

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



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

Speakers & Presentations

PITT UNIVERSITY/MAPS

WILL BE HERE ON

MONDAY JANUARY 12TH

AT 10:30 AM

TO DISCUSS CYBER SECURITY



EMILY FROM VISION PITTSBURGH

WILL VISIT ON

MONDAY JANUARY 12TH AT 11 AM

**DANA FROM COMFORT KEEPERS WILL BE AT
LIFESPAN MONDAY JANUARY 26TH**

10:30 AM-11:30 AM

**WE WILL BE HAVING HOT CHOCOLATE AND
MAKING MARSHMALLOW SNOWFLAKES.**

THIS IS A FREE EVENT!

TUESDAY ACTIVITIES



10 :00 AM CARDIO DRUMMING CLASS
THIS IS A VIRTUAL CLASS.

NEW ROUTINES EVERY WEEK!

JOIN US EVERY TUESDAY IN JANUARY

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



Lou's Art Class

TUESDAY JANUARY

13TH AND 27TH STARTS

AT 12:30 PM



Special Events



MAKE A PAPER PUMPKIN STAMPIN UP

GREETING CARD IN GAYLE'S CLASS!

ONLY 9 SPOTS AVAILABLE FROM 12:00 PM-1:00 PM

AND ONLY 9 SPOTS AVAILABLE FROM 1:00 PM-2:00 PM

SIGN UP TODAY! THIS IS A FREE CLASS!

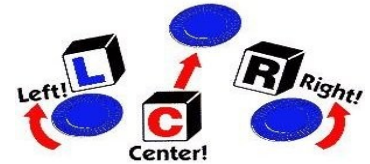


WEDNESDAY ACTIVITIES



11:00 AM: METRO CHAIR EXERCISE

12:15 PM: LCR DICE GAME



CRAFTS WITH
KERRIANNE

JOIN OUR ACTIVITY AIDE KERRIANNE

EVERY WEDNESDAY AT 12:30 PM FOR THE CRAFT OF THE WEEK.

CHECK THE SIGN UP TABLE WEEKLY FOR A NEW CRAFT IDEA!

SOME FEES MAY APPLY FOR MATERIALS

AND MUST BE PAID IN ADVANCE.

Blood Pressure/Health Screenings



WEDNESDAY JANUARY 7TH 10:30 AM BLOOD PRESSURE CHECK/HEALTH EDUCATION WITH
LATTERMAN CLINIC

WEDNESDAY JANUARY 7TH 10:30 AM HEALTH SCREENINGS WITH DUQUESNE UNIVERSITY

WEDNESDAY JANUARY 14TH 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 ACTIVITIES



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

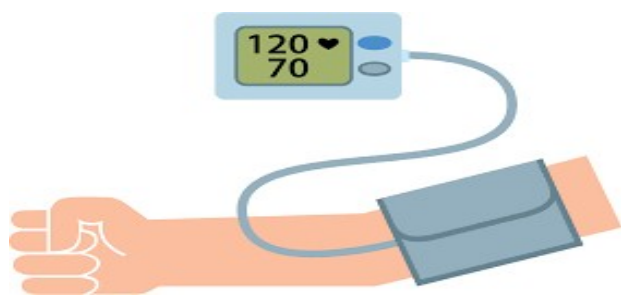


KNITTING/CROCHET CLUB

WILL MEET

JANUARY 8TH AND 22ND

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



FRIDAY DAILY ACTIVITIES

ON THE MOVE

WALKING CLASS WITH AMY

FRIDAY JANUARY

3RD, 10TH, 17TH, 24TH,

AND THE 31ST

Time: 10:00 AM-10:45 AM

GET HEALTHY IN THE NEW YEAR!

JOIN THIS

SELF-MONITORING BLOOD PRESSURE
PROGRAM

WITH DUQUESNE UNIVERSITY

EVERY THURSDAY FOR 5 WEEKS

10:30 AM-11:30 AM

SEE FLYER IN THE CENTER FOR
DETAILS.

THIS IS A FREE CLASS

SPACE IS LIMITED, SIGN UP TODAY!



12:00 PM UNO CARD GAME

JOIN IN A FUN GAME OF UNO EVERY

FRIDAY WITH OTHER LIFESPAN MEMBERS

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

**Simon
Says**

SIMON SAYS

FRIDAY AT

11 :00 AM-11:30 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 2:00 PM AT THE MON VALLEY LIFESPAN



GROUP TRIPS W/ OPT

RIVERS CASINO GROUP TRIP: MONDAY JANUARY 27TH

SIGN UP BY MONDAY JANUARY 20TH

WILL CALL WITH PICK UP TIMES FROM ACCESS



LifeSpan
YOUR PARTNER IN AGING



**\$500.00
Jackpot**

\$1000 BINGO & Lunch

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

Saturday JANUARY 17, 2026

\$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

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley active life center

Mon	Tue	Wed	Thu	Fri
 <p>5 Smothered Pork (1 SI Pork, Caramelized On-ions) 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 SI Pound Cake w/1/4 C Berries</p>
<p>5 Smothered Pork (1 SI Pork, Caramelized On-ions) 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>8 Stuffed Pepper Casserole (1 Piece w/Shredded Mozzarella) 1/2 C Green Beans 1/2 C Mashed Potatoes Cal 692 WW Bread w/Margarine 1/2 C Cinnamon Applesauce</p>	<p>9 Greek Salad w/1 Salmon Filet (2 C Romaine Lettuce, 2 Tomato Wedges, 1 Tbsp Feta Cheese, 2 Tbsp Olives) 1 C Garden Vegetable Soup WW Bread w/Margarine 1 Fresh Orange Cal 761</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 WG 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</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</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 SI 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, WG 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>