



Steel Valley  
Active Life Center  
Monday-Friday  
9:30 AM-2:00PM  
412-233-4847  
BEVERLY HOGAN

JANUARY 2026

ALL CENTERS WILL BE CLOSED

NEW YEAR'S DAY

THURSDAY JANUARY 1st, 2026

MARTIN LUTHER KING DAY

MONDAY JANUARY 19th, 2026

**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

# WINTER WONDERLAND

JANUARY 02, 2026

**NEW YEAR AND NEW BEGINNINGS**

“TO APPRECIATE THE BEAUTY OF A SNOWFLAKE,  
IT IS NECESSARY TO STAND OUT IN COLD.”  
—ARISTOTLE

**STEEL VALLEY/CLAIRTON CENTER**  
530 MILLER AVE, CLAIRTON, PA 15025 - M-F 9:30 TO 2:00pm  
Site Coordinator: BEVERLY HOGAN

Welcome all seniors 60+    Membership: \$15 annually (OPTIONAL)  
Drop-in: Pool Cards Bingo Painting Exercise Games  
Speakers, or simply enjoy a new atmosphere for socializing  
Donations are welcome and appreciated to support our programs

# DUQUESNE UNIVERSITY

## HEALTH SCREENINGS

11:00 AM - 12:00 PM

TUESDAY, JANUARY 6, 2025

Health Screenings  
and Initiative A-1C



**ADVISORY  
MEETING  
JANUARY  
21st, 2026**

## SPEAKERS

01/07 Dr. BRYER @ 10:30 AM

01/14 PITT UNIVERSITY—CYBER SECURITY @ 10:30 AM

01/15 BALTIMORE LIFE—FINANCIAL MANAGEMENT @ 11AM

## PERK DAY



**PERK DAY EVERY MONDAY**

**\$3 BREAKFAST**

**AT 10:00 AM**

**SIGN UP WEEK PRIOR**

**01/05 DANISH AND FRUIT**

**01/12 CREAM A WHEAT/OATMEAL**



**THE BREAKFAST CLUB**

**Start Your Week with a Warm Meal & Good Company**

**Cost Options:**

**\$10 Monthly**

**OR \$3 Each Monday**

**Serving Time: 9:30 AM – 10:30 AM Only**

**Sign-Up Required: Friday prior**

**PAINTING & ART CLUB**

**Relax • Create • Enjoy**

**Cost Options:**

**\$5 with Membership**

**OR \$2 per Craft**

**Thursday 12:30 PM—1:30 PM**

**Sign-Up Required: Friday prior**



# Winter Weather Advisory

For inclement weather closings please tune into...

WTAE TV - Channel 4

KDKA TV - Channel 2

There is only one incorporated city named Clairton in the United States: Clairton, Pennsylvania, located in Allegheny County along the Monongahela River.

No other towns, boroughs, or unincorporated communities in the U.S. share the exact name "Clairton." It stands unique in this regard.



TUESDAY AND  
WEDNESDAY  
WIN DOOR  
PRIZES



2026 MEMBERSHIP  
SIGN-UP WITH BEVERLY  
\$15 CASH OR CHECK  
MADE OUT TO LIFESPAN



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!



BIRTHDAY BASH  
JANUARY 16, 2026  
MEATLOAF  
LUNCH

# WEEKLY ACTIVITIES



**Monday** CARDIO DRUMMING -10:30 AM  
12:30PM - Instructional Pool, PUZZLES, WII,



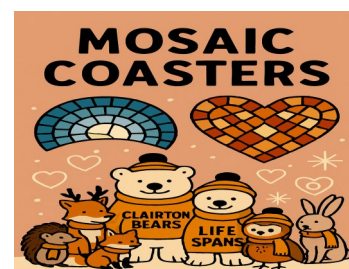
**Tuesday** 10:30 AM - EXERCISE  
12:00 PM - Card Club  
12:30 - GAME DAY



**Wednesday** 10:30 AM - EXERCISE  
12:30 PM- BINGO



**Thursday** 10:30 AM EXERCISE  
12:00 PM - CARD CLUB  
12:30 PM - PAINT/ART CLUB



9:30 AM MOVIE  
12:00 Noon - CARD CLUB  
12:00 Noon - MOVIE AND ART

## **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:** <https://www.facebook.com/libraryclairton15025>

**Website:** <https://clairtonlibrary.org/>

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

## **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:** <https://www.facebook.com/ClairtonFCAIU>






**Website:** <https://www.aiu3.net/familycenters>

**Phone Number:** (412) 233-8325

## **Weekly Services:**

**State Representative Dan Goughnour Office Hours:** Tuesdays & Thursdays from 9:00 AM - 4:00 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



Mon	Tue	Wed	Thu	Fri
 <p><b>5 Smothered Pork</b> (1 Sl 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><b>6 Beef Barbacoa</b> (3/4 C Seasoned Beef) 1/2 C Black Bean &amp; Corn Vegetable Blend 1/2 C Brown Rice 1 SS C Guacamole 1/2 C Fresh Fruit Salad Cal 600</p>	 <p><b>7 Crab Cake</b> (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad 1/2 C Macaroni &amp; Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716</p>	 <p><b>1 Centers Closed</b></p>	<p><b>2 Grilled Chicken Parm</b> (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><b>12 Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Broccoli &amp; Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie Cal 633</p>	<p><b>13 Sausage and Peppers</b> (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers &amp; Onions 1 W/G Hoagie Roll 1/2 C Jell-O Cal 841</p>	<p><b>14 Chicken Avocado Salad</b> (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 &amp; Beef Soup Cal 654 **\$1 Hot Dog Day, Sign up by 1/7**</p>	<p><b>15 Firehouse Chili</b> (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><b>16 Vegetable Lasagna</b> 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><b>19 Centers Closed</b></p> 	<p><b>20 Chicken Caesar Salad</b> (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><b>21 Stuffed Cabbage Casserole</b> (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><b>22 Chicken Parm Sandwich</b> (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><b>23 Mojo Marinated Cod Filet</b> (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><b>26 Turkey &amp; Swiss Croissant Sandwich</b> (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><b>27 Korean BBQ Beef</b> (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><b>28 Broccoli Cheese Stuffed Chicken</b> (1 Chicken Breast) 1/2 C Peas &amp; Pearl Onions 1/2 C Rosemary Roasted Potatoes WW Bread w/Margarine 1/2 C Applesauce Cal 659</p>	<p><b>29 Swiss Steak</b> (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><b>30 Baked 3 Cheese Pasta Florentine</b> (1 C 3 Cheese Pasta w/Spinach) 1/2 C Italian Normandy Blend 1 Garlic Breadstick 1/2 C Mixed Fruit Cal 631</p>