



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



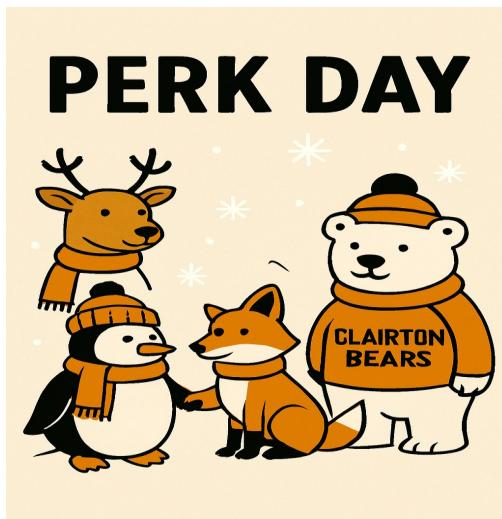
**ADVISORY
MEETING
JANUARY
21st, 2026**

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 EVERY MONDAY

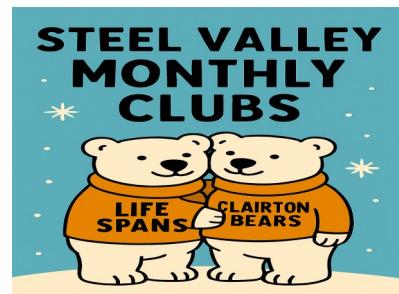
\$3 BREAKFAST

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

COMING SOON
FEBRUARY 2
Four diverse people (two women, two men) are holding hands. They are wearing orange shirts with "LIFESPAN" and black shirts with "CLAIRTON BEARS".
POSITIVITY
FRIENDSHIP
KINDNESS

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,



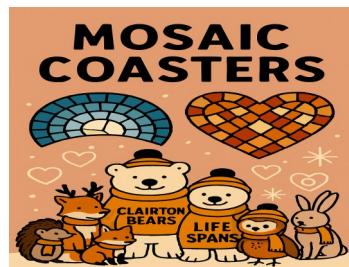
Tuesday 10:30 AM - EXERCISE
12:00 PM - Card Club
12:30 - GAME DAY



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:

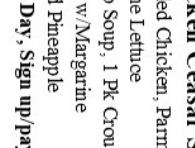
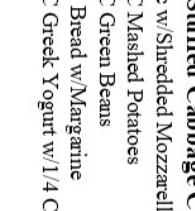
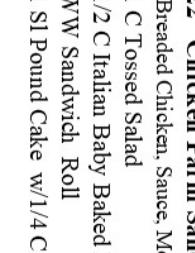
State Representative Dan Goughnour Office Hours: Tuesdays & Thursdays from 9:00 AM - 4:00 pm at the Clairton Municipal Building | Office number: 412-233-2505 | Types of assistance: Rent rebate assistance [eligibility restrictions apply], driver and vehicle services, PACE prescription assistance

LifeSpan

Together We Can!



2026

Mon	Tue	Wed	Thu	Fri
 <p>5 Smothered Pork (1 Sf 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>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 **\$1 Hot Dog Day, Sign up/pay by 1/13** 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>MARTIN LUTHER KING DAY</p>	<p>20 Chicken Ceasar 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 **\$2 Pizza Day, Sign up/pay by 1/13** Cal 726</p>	<p>21 Stuffed Cabbage Casserole (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>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 1/2 C Applesauce 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 Chocolate Pudding Cal 700</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 Mixed Fruit Cal 631</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>