



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
Kerrianne Troesch: Activity Aide



2026

Celebrate **Valentine's Day** with a little love and a lot of fun!

Join us Friday **February 13th 10:00 AM–2:00 PM**

A delicious **appetizer**, a **tasty lunch**, a sweet **treat bag**,

Magician/Balloon artist, Billy Heh, 10:30 AM-11:30 AM,

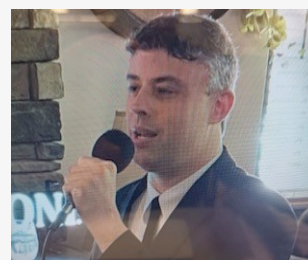
and toe-tapping **music by Jamie Mendicino** at 12:30 PM.

Share laughs, friendship, and plenty of Valentine cheer.

Tickets on sale now — don't miss the fun!

\$20/per person.

SIGN UP AND PAY BY THURSDAY FEBRUARY 5TH!



*Happy
Valentine's
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



LET'S GO BUCS!

**WE ARE GOING TO THE PIRATE GAME!
IT'S THE HOME OPENER AGAINST THE
BALTIMORE ORIOLES**

ON FRIDAY 04/03/26 4:12 PM GAME

\$65

SECTION 107/ADA SEATING

SIGN UP AND PAY BY 02/18/26



**LET'S GO
BUCS!**

LET'S GO BUCS

**WE ARE GOING TO THE PIRATE GAME ON
THURSDAY 04/16/26 12:35 PM GAME \$45**

SECTION 107/ADA SEATING

SIGN UP AND PAY BY 02/25/26



SPECIAL EVENTS

FEBRUARY IS

**BLACK
HISTORY
MONTH**

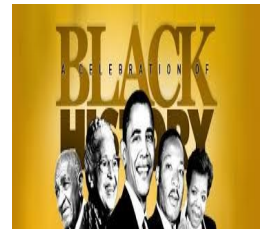
**EVERY THURSDAY
AT 12 PM**

WE WILL CELEBRATE



CELEBRATE PRESIDENT'S DAY AT
THE MON VALLEY LIFESPAN
WITH AMY AND DJ MICK!
WEAR YOUR FAVORITE
RED, WHITE AND BLUE OUTFIT.
WE WILL BE DOING A CRAFT,
LEARNING FACTS ABOUT
OUR PRESIDENTS,
AND, ENJOYING A DELICIOUS
LIGHT SNACK AND LUNCH ALONG WITH
MUSIC BY DJ MICK

WE WILL START THE ACTIVITIES
MONDAY FEBRUARY 16TH @ 10:30 AM



WHY IS BLACK HISTORY MONTH IMPORTANT?
IN 2026, BLACK HISTORY MONTH WILL MARK
A CENTURY OF NATIONAL BLACK HISTORY
COMMEMORATIONS.

EVERY THURSDAY @ 12 PM

WE WILL READ KEY FACTS AND GENERAL FACTS
ABOUT BLACK HISTORY.

JOIN US

THURSDAY FEBRUARY 26TH @ 10:45 AM
AS THE CLAIRTON ELEMENTARY SCHOOL
CHOIR WILL GIVE US A BLACK HISTORY
MONTH PERFORMANCE!

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 PM: Mexican Train

Speakers & Presentations



Stay Active
& Independent
for Life (SAIL)

**MONDAY
FEBRUARY 2ND**



PITT UNIVERSITY/MAPS

WILL BE HERE ON

MONDAY FEBRUARY 9TH

@ 10:30 AM

SUBJECT: RANDOM ACTS OF
KINDNESS


AmeriHealth Caritas
Pennsylvania

MEET ALLISON HINDMAN FROM
AMERIHEALTH CARITAS
TO LEARN ABOUT
COPD AWARENESS

MONDAY FEBRUARY 9TH @ 11 AM

Pitt

Tuesday

ACTIVITIES



10:00 AM: CARDIO DRUMMING CLASS

THIS IS A VIRTUAL CLASS.

NEW ROUTINES EVERY WEEK!

JOIN US EVERY TUESDAY IN FEBRUARY



Lou's Art Class

TUESDAY FEBRUARY

10TH AND 24TH STARTS

NEW MEMBERS ARE

WELCOME TO JOIN IN

CLASS STARTS @ 12:30 PM



12:15 PM PLAY PENNY POKENO

(BRING YOUR OWN PENNIES)



RANDOM ACTS OF KINDNESS DAY

is celebrated annually on February 17th,
encouraging people to perform

unexpected, thoughtful acts of kindness
for others, promoting compassion and
making the world a better place.

We will be having an ice cream social
sponsored by COMFORT KEEPERS

on Tuesday February 17th @ 12:00 PM

PERK DAYS

ENJOY A YUMMY FAT TUESDAY PANCAKE BREAKFAST

WITH YOUR PERK CARD ON

TUESDAY FEBRUARY 17TH @ 9:30 AM

SIGN UP BY FRIDAY FEBRUARY 13TH



Attention!

PERK DAY
RESCHEDULED

Special Announcement!

**THE BREAKFAST WITH SANTA
THAT WAS CANCELED ON
TUESDAY DECEMBER 23, 2025,
HAS BEEN RESCHEDULED
FOR TUESDAY FEBRUARY 24, 2026.
THERE WILL BE NO SANTA.
SORRY FOR THE INCONVIENCE**

SIGN UP BY FRIDAY FEBRUARY 20TH



THANK YOU FOR YOUR CONTINUED SUPPORT!

**WE SOLD 244 HOAGIES/PIZZAS FOR
OUR MARIANNA'S FUNDRAISER!**

THAT'S A PROFIT OF \$722!

YOU GUYS ARE THE GREATEST!

THANK YOU! THANK YOU!



WEDNESDAY ACTIVITIES



11:00 AM: METRO CHAIR EXERCISE

12:15 PM: LCR DICE GAME



CRAFTS OR COOKING

WITH KERRIANNE

COFFEE & COLOR Every Wednesday

9:00 AM-11:00 AM Enjoy a cup of

coffee, light snack+ coloring pages

JOIN OUR ACTIVITY AIDE KERRIANNE

**EVERY WEDNESDAY IN FEBRUARY @ 10:30 AM FOR THE
CRAFT OR COOKING CLASS 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 FEBRUARY 4TH @ 10:00 AM BLOOD PRESSURE CHECK/HEALTH EDUCATION WITH
LATTERMAN CLINIC**

WEDNESDAY FEBRUARY 4TH @ 10:30 AM CHOLESTEROL CLINIC WITH DUQUESNE UNIVERSITY

WEDNESDAY FEBRUARY 11TH @ **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!

WACKY WEDNESDAY BINGO

DID YOU HEAR?
WE ARE PLAYING BINGO ON
WEDNESDAY!

EVERY WEDNESDAY IN
FEBRUARY @ 12:15 PM

Member Only Bingo

All cards are 25¢ each

5 WACKY Games 2 Specials and 1 Jackpot

**WEDNESDAY FEBRUARY 4TH WEAR
THE WACKIEST HAT YOU HAVE AND BE
ENTERED FOR A CHANCE TO
WIN A DOOR PRIZE**



WEDNESDAY
FEBRUARY
11TH
CRAZY SOCK BINGO

SAVE THE DATE

TUESDAY MARCH 17TH: ST. PATRICK'S DAY PARTY WITH THE MONROEVILLE CLOGGERS

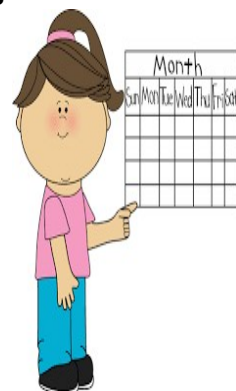
FRIDAY MARCH 20TH: WE WILL BE CLOSED FOR OUR QUATERLY TEAM MEETING

WEDNESDAY AND THURSDAY PRIL 8TH & 9TH: 2 DAY, 1 NIGHT TRIP TO ATLANTIC CITY/
CASINO CRUISE\$299/PERSON

FRIDAY APRIL 17TH: SPRING FLING PARTY WITH SINGER JOE COLLINCINI

WEDNESDAY MAY 27TH: OPEN HOUSE (THEME OUR LOCAL HISTIORY)

WEDNESDAY JUNE 10TH: DAY TRIP TO SHANKSVILLE AND QUECREEK MINE RESCUE
SITE AND GREEN GABLES RESTAURANT FOR DINNER. MORE DETAILS COMING SOON!



THURSDAY ACTIVITIES

10:00 AM - 10:45 AM

SAIL Exercise

12:00 PM - 1:30 PM

Member Bingo

All cards are 25¢ each

*Regular Games 2 Specials
and 1 Jackpot*



Stay Active
& Independent
for Life (SAIL)



KNITTING/CROCHET CLUB

WILL MEET

FEBRUARY 12TH AND 26TH

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

B R E A T H E[®]
PENNSYLVANIA

Save The Date

Date: February 19, 2026

Time: 10:45 AM

Learn About:

- Sleep Apnea
- COPD
- Asthma
- Smoking Cessation
- Patient Assistance

We help with:

- Respiratory medication costs
- Pulmonary Rehab Co-Pays
- Sleep Apnea Supply Costs

WEAR RED ON

FRIDAY FEBRUARY 6TH

FOR "NATIONAL WEAR RED DAY"

TO BRING GREATER ATTENTION TO HEART

DISEASE AS A LEADING CAUSE OF

DEATH FOR AMERICANS.



Arden Courts

MEMORY CARE IS ALL WE DO.

MEET JENN FROM

ARDEN COURTS THURSDAY

FEBRUARY 5TH @ 10:45 AM

LEARN ABOUT HER PLACE THAT CARES
FOR RESIDENTS WITH ALZHEIMERS AND

RELATED DEMETIAS.

ARDEN COURTS IS MORE THAN A PLACE
TO LIVE, IT'S A PLACE TO CALL HOME.



GALENTINE'S DAY CELEBRATION



Galentine's Day

is a festive, unofficial holiday celebrated in February
before Valentine's Day where women
gather to honor their friendships and love.

You are invited to join us on Thursday February 12th @ 12 PM for an
afternoon of pampering by Tammy Hrabic

(Independent Beauty Consultant) and learn about
products for skincare and wellness.

We will enjoy mimosas, snacks and music.

You will receive a gift and a chance to win some prizes!

It's a time for ladies celebrating ladies!

"I love sharing the products that make my skin feel so good. Mary Kay Ash started with a vision more than 60 years ago, and it's still going strong today. It's a family run business that truly believes in skincare and wellness, and I can't wait to share it with all of you"

SIGN UP BY MONDAY

FEBRUARY 9TH

THERE WILL BE NO BINGO ON THS DAY



Tammy Hrabic
Independent Beauty Consultant

2619 Campbell Cir
West Mifflin PA 15122
412-216-7903

tamtam0614@gmail.com
www.marykay.com/TJHrabic

Enriching Women's Lives™

MARY KAY.

FRIDAY DAILY ACTIVITIES



11:00 AM CHAIR EXERCISES
IN THE DINING AREA

12:00 PM UNO CARD GAME

JOIN IN A FUN GAME OF UNO EVERY
FRIDAY WITH OTHER LIFESPAN MEMBERS



ON THE MOVE

WALKING CLASS WITH AMY

FRIDAY FEBRUARY 6TH, 20TH AND 26TH

Time: 10:00 AM-10:45 AM

*This is a FREE exercise program
developed by physical therapists
to improve walking and balance.*

onthe move
Group Exercise for Improved Mobility in Older Adults®

EVERY FRIDAY IN FEBRUARY EXCEPT FEBRUARY 13TH

WE WILL WATCH A MOVIE IN THE DINING AREA..

MOVIE OF THE WEEK WILL BE

POSTED EVERY MONDAY.

IF YOU WOULD LIKE TO SHARE A MOVIE

BRING IT TO THE CENTER ONE WEEK IN

ADVANCE AND SEE AMY,

POPCORN AND CANDY WILL BE

AVAILABLE FOR \$1 EACH





\$1000 BINGO & Lunch

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

**Saturday February 21, 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



Group Trips w/ OPT



LET'S GO TO THE MOVIES!

LEFT AT THE ALTER IN ROME, A HEARTBROKEN MAN (Kevin James)

CHOOSES TO GO ON HIS HONEYMOON ALONE.

AS HE NAVIGATES THE CITY MEANT FOR TWO, HE BEGINS

A BITTERSWEET JOURNEY OF SELF-DISCOVERY.

WEDNESDAY FEBRUARY 18TH @ 12:00 PM

\$10/PERSON

SIGN UP AND PAY BY WEDNESDAY FEBRUARY 11TH



RIVERS CASINO GROUP TRIP: MONDAY FEBRUARY 23, 2026

SIGN UP BY MONDAY FEBRUARY 16TH

WILL CALL WITH PICK UP TIMES FROM ACCESS



RESTAURANT TRIP OF THE MONTH

DICK'S DINER/MURRYSVILLE

WEDNESDAY FEBRUARY 25TH

SIGN UP BY WEDNESDAY FEBRUARY 18TH

WILL CALL WITH PICK UP TIMES FROM ACCESS

MON VALLEY ACTIVE LIFE CENTER PRESENTS...

Mackinac Island, MI

June 21-26, 2026

6 Days & 5 Nights

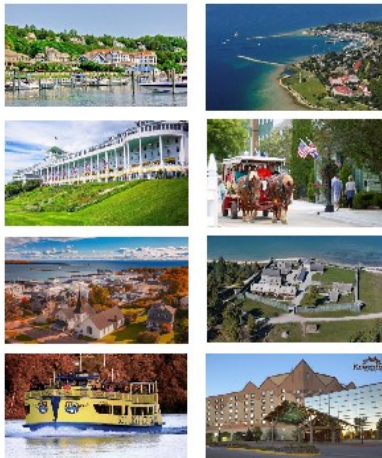
Package Includes:

- *Roundtrip Motorcoach Transportation
(Based on 40 Paying Passengers)
- *3 Nights' Accommodations in
Mackinaw City, MI
- *2 Nights Stopover Hotel
Accommodations
- *5 Full Breakfasts
- *3 Sumptuous Dinners at fine local
restaurant
- *Taxi Service on Mackinac Island
- *Hydroplane Ferry Ride to & From
Mackinac Island
- *Visit to the famed Grand Hotel
- *Visit to the Kewadin Casino
(or similar)
- *Visit Old Fort Mackinac
- *Horse & Carriage Tour on Mackinac
Island
- *Visit to Frankenmuth's
"Little Bavaria"
- *Visit to Bronner's Christmas
Wonderland
- *All Taxes, Baggage Handling
& Meal Gratuities

Package Price: \$999.00 / pp dbl
Singles Add: \$325.00 extra

\$100 Deposit is due with Reservation
Final payment is due by May 1, 2026

For Information & Reservations Contact
Amy Marcic @ 412-760-5968



Travel Insurance

If you wish to purchase Travel insurance, go to our website
www.seniorexcursionsinc.com and click the **RED** Travel insurance
button on bottom right and follow instructions.



ARE YOU READY FOR AN ADVENTURE? SEE AMY FOR ALL THE DETAILS

MON VALLEY ACTIVE LIFE CENTER PRESENTS...

A Biltmore Christmas Asheville, NC

Nov. 30 – Dec. 5, 2026

6 Days & 5 Nights

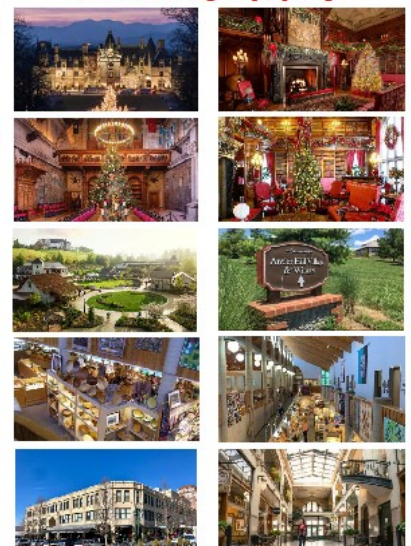
Package Includes:

- *Deluxe Roundtrip Motorcoach
Transportation
- *3 Nights' Accommodations in
Asheville, NC
- *2 Nights Stopover Hotel Accommodations
- *5 Hotel Breakfasts
- *3 Sumptuous Dinners at Fine Local
Restaurants
- *Full Day Admission to the Biltmore Estate
including:
Wine tasting
Visit to Antler Village
Candlelight Audio Tour of the Biltmore
Estate
- *A Visit to the Folk Art Center
- *A Visit to the Grove Arcade
- *Guided Tour of Asheville, NC
- *All Taxes and Meal gratuities

Package Price: \$950.00 / pp dbl
Singles Price: \$280.00 extra

\$100.00 is due with Reservation
Final Payment is due by Oct 15, 2026

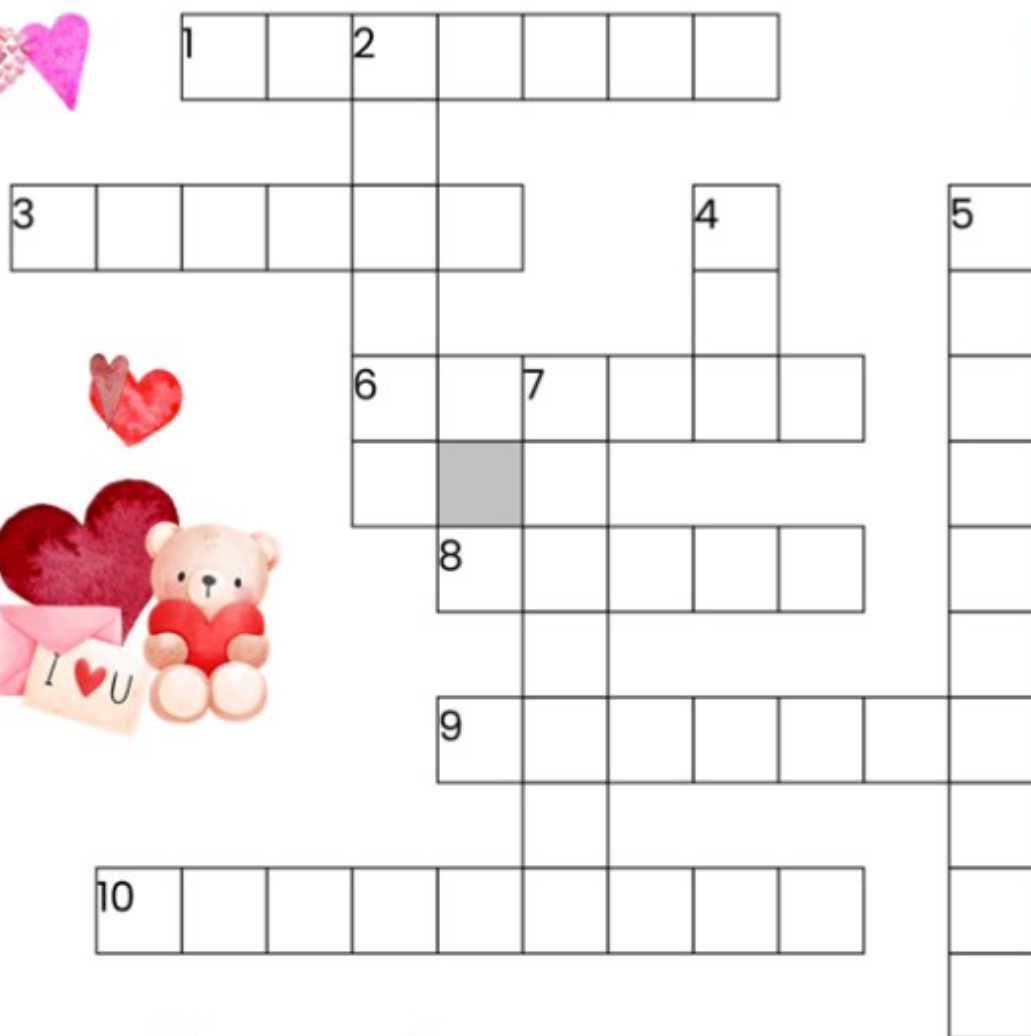
For Information & Reservations Text
Amy Marcic @ 412-760-5968 or
Email: amarcic@lifespanpa.org



Travel Insurance

If you wish to purchase Travel insurance, go to our website
www.seniorexcursionsinc.com and click the **RED** Travel
insurance button on bottom right and follow instructions.

Valentine's Day Mini Crossword Puzzle



ACROSS

1. Decorated mini-cake
3. Popular date activity
6. Shiny, flat cording
8. Roman god of love
9. Decorated mini-cake
10. Third-century saint

DOWN

2. Rhyming verse
4. To court someone
5. Date of Valentine's Day
7. Gathering of flowers



Mon	Tue	Wed	Thu	Fri
2 Pub Steak Cheeseburger (1 Beef Patty, 1 Slice Cheese) WW Sandwich Roll 1/2 C Broccoli w/Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899	3 BBQ Chicken Breast (1) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Diced Pears Cal 622	4 Meatloaf w/Gravy (1 SI) 1/2 C Mashed Potatoes 1/2 C Pears & Carrots WW Bread w/Margarine Jello Cal 696	5 Grilled Chicken Mornay {1 Breast w/ 1/4 C Sauce} 1/2 C Buttered Green Beans 1/2 C Pasta Shells w/Sauce 1/2 C Fresh Fruit Salad Cal 613	6 Deli Plate (1/4 C Tuna Salad, 1/4 C Egg Salad) 1 C Sweet Potato Corn Soup WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Berries Cal 736
9 Meatballs Rosini (3 Meatballs) 1/2 C Cauliflower & Pears 1 C Tossed Salad 1/2 C Penne w/Sauce WW Bread w/Margarine Jello Cal 867	10 Roast Turkey (2 Slices) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Combread Stuffing WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 609	11 Pork Carnitas (1/2 C Seasoned Pork) WW Tortilla 1/2 C Cabbage Slaw 1/2 C Mexican Rice 1/2 C Mandarin Oranges Cal 601	12 Honey Mustard Chicken Salad (3/4 C Diced Chicken) w/Salad (Let/Tom/Cuc) 1 C Zucchini Parmesan Soup WW Bread w/Margarine Fresh Pear Cal 640	13 Spanish Omelet (1 Omelet w/Cheese & Salsa) 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
16 Smothered Pork (1 SI 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	17 Beef Barbecoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1 SS Cup Guacamole 1/2 C Fresh Fruit Salad Cal 600	18 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	19 Stuffed Pepper Casserole (1 Piece w/Shredded Mozzarella) 1/2 C Green Beans 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce Cal 692	20 Greek Salad w/Salmon (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
23 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	24 Sausage & Peppers (1 Sausage Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 841	25 Chicken Avocado Salad (3/4 C Diced Chicken, 2 C Romaine Lettuce, 2 Tomato Wedges, 2 Tbsp Cukes, 1/4 C Avocado) 1 C Sweet Pepper & Beef Soup WW Bread w/Margarine 1/2 C Tropical Fruit Cal 654	26 Firehouse Chili (1 C Beef & Bean Chili) 1/2 C Corn 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 708	27 Vegetable Lasagna (1 Piece Lasagna w/Mozzarella) 1/2 C Carrot Coins 1 Tossed Salad WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 649