



Accredited by **ncoa**
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!



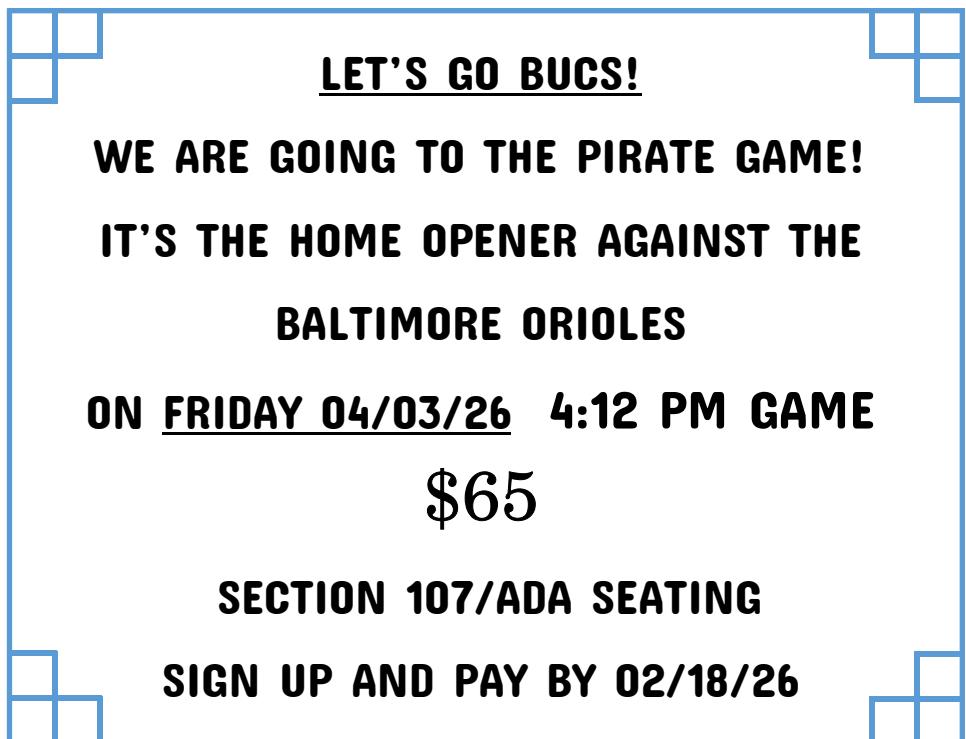
Happy Valentine's Day

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



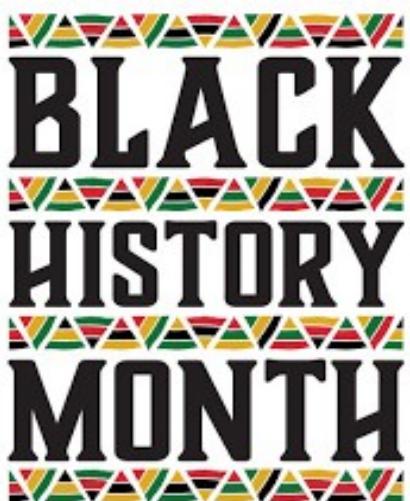
**LET'S GO
BUCS!**

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

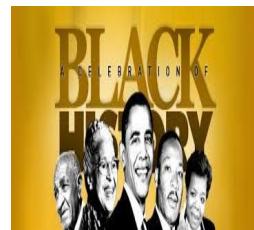


EVERY THURSDAY
AT 12 PM

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



MONDAY FEBRUARY 2ND



Speakers & Presentations

PITT UNIVERSITY/MAPS

WILL BE HERE ON

MONDAY FEBRUARY 9TH

@ 10:30 AM

SUBJECT: RANDOM ACTS OF
KINDNESS



MEET ALLISON HINDMAN FROM

AMERIHEALTH CARITAS

TO LEARN ABOUT

COPD AWARENESS

MONDAY FEBRUARY 9TH @ 11 AM

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 INCONVENIENCE**

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.

 DUQUESNE
UNIVERSITY

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



WEDNESDAY
FEBRUARY
11TH
CRAZY SOCK BINGO

SAVE THE DATE

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

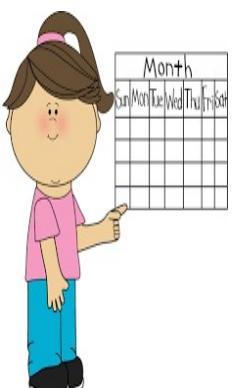
FRIDAY MARCH 20TH: WE WILL BE CLOSED FOR OUR QUATERLY TEAM MEETING

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)



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.



KNITTING/CROCHET CLUB

WILL MEET

FEBRUARY 12TH AND 26TH

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



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

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 Hrubic

(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 THIS DAY



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

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



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.*





\$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



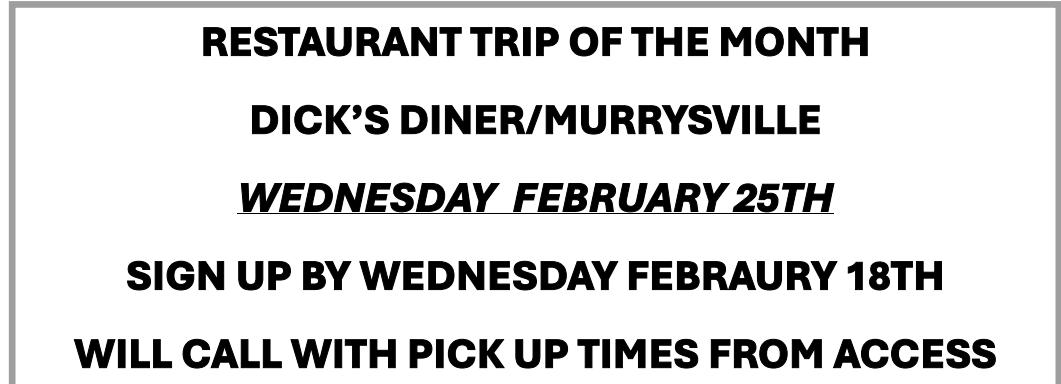
RESTAURANT TRIP OF THE MONTH

DICK'S DINER/MURRYSVILLE

WEDNESDAY FEBRUARY 25TH

SIGN UP BY WEDNESDAY FEBRAURY 18TH

WILL CALL WITH PICK UP TIMES FROM ACCESS





June 21-26, 2026

6 Days & 5 Nights

Package Includes:

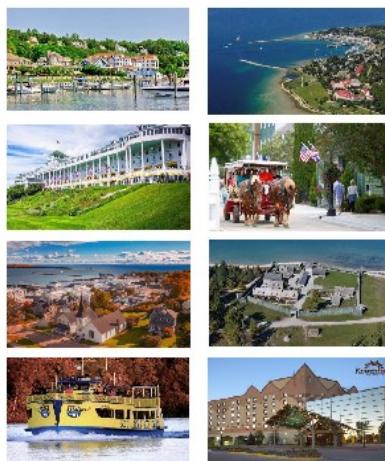
- *Roundtrip Motorcoach Transportation (Based on 40 Paying Passengers)
- *3 Nights' Accommodations in Mackinaw City, MI
- *2 Nights Stopover Hotel Accommodations
- *5 Full Breakfasts
- *3 Sumptuous Dinners at fine local restaurant
- *Taxi Service on Mackinac Island
- *Hydroplane Ferry Ride to & From 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 Gratitudes

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.

**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**



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

**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: amarctic@lifespanpa.org



Travel Insurance
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Valentine's Day Mini Crossword Puzzle



1		2				
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4

5

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8				
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10						
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ACROSS



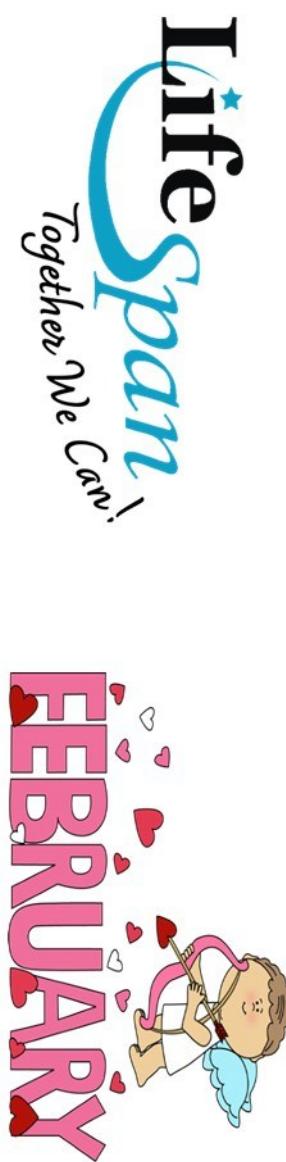
1. Decorated mini-cake
3. Popular date activity
6. Shiny, flat cording
8. Roman god of love
9. Decorated mini-cake
10. Third-century saint



DOWN

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





2026

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 WW Bread w/Margarine 1/2 C Diced Pears Cal 622	4 Meatloaf w/Gravy (1 SL) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine 1/2 C Fresh Fruit Salad 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 SL Pound Cake w/1/4 C Berries Cal 736
9 Meatballs Rosini (3 Meatballs) 1/2 C Cauliflower & Peas 1 C Tossed Salad 1/2 C Peame w/Sauce WW Bread w/Margarine Jello Cal 867	10 Roast Turkey (2 Slices) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Cornbread Stuffing WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 609	11 (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 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	17 (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 Ro- maine 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