



Entertaining Events:

-Clairton Kids Choir FEB, 19th

12:30 PM— 1:00 PM



-Valentines Day Dance

February, 13th 12:30 PM— 2:00PM

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

FEBRUARY  
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

# FEBRUARY

KINDNESS LOVE FRIENDSHIP

## WELCOME CLAIRTON TO PARIS



# DUQUESNE UNIVERSITY

## HEALTH SCREENINGS

10:30 AM - 2:00 PM

TUESDAY, FEBRUARY 3, 2026

*Health Screenings*

*and Initiative A-1C*



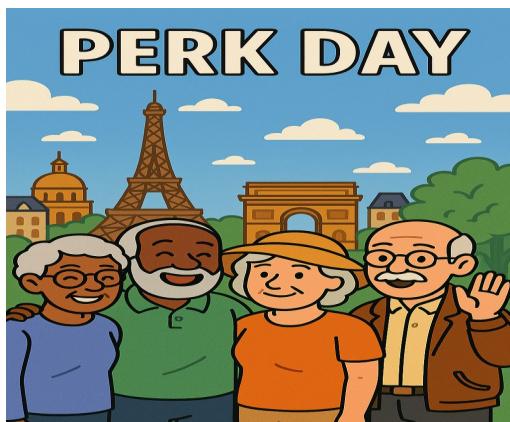
**ADVISORY  
MEETING  
FEBRUARY  
18th, 2026**

## SPEAKERS

02/04 Dr. BRYER @ 10:30 AM

02/11 PITT UNIVERSITY—CYBER SECURITY @ 10:30 AM

02/19 BALTIMORE LIFE—FINANCIAL MANAGEMENT @ 11:00 AM



## PERK DAY EVERY MONDAY

\$3 BREAKFAST

10:00 AM

SIGN UP WEEK PRIOR

02/02 OATMEAL OR CREAM A WHEAT

02/09 CEREAL AND TOAST

02/16 DANISH AND FRUIT

02/23 WAFFLES AND SAUSAGE

## 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

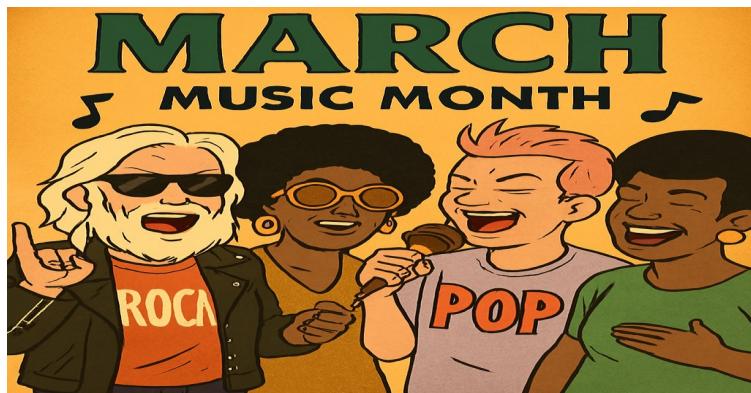
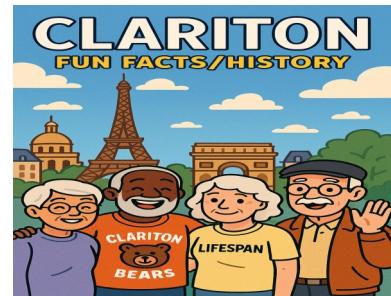
Sign-Up Required: Friday prior

# 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.



**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!**



**BIRTHDAY BASH**  
**FEBRUARY 20, 2026**

# WEEKLY ACTIVITIES

## MONDAY

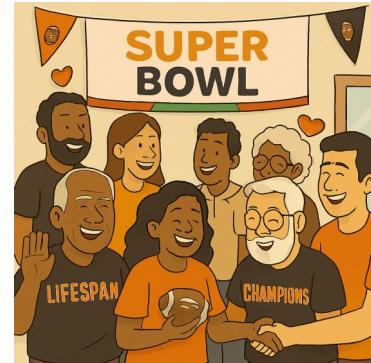


**Monday** CARDIO DRUMMING 10:30 AM  
12:30PM Instructional Pool , PUZZLES, WII,

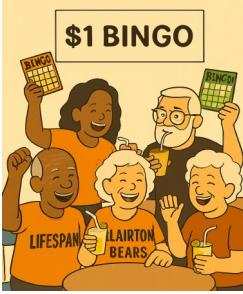
## TUESDAY



**Tuesday** 10:30 AM EXERCISE  
12:00 PM - Card Club  
12:30 PM \$1 GAME DAY

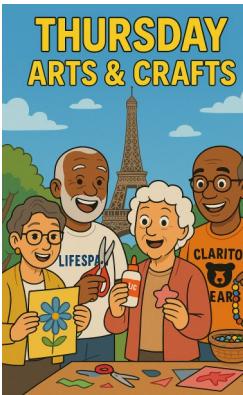


## WEDNESDAY

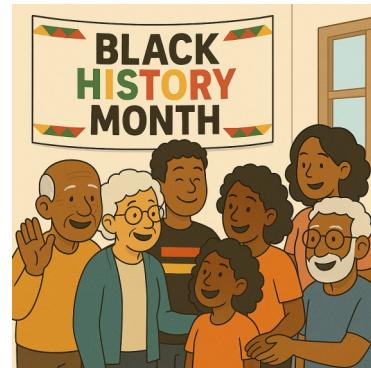


**Wednesday** 10:30 AM - EXERCISING  
12:30 PM BINGO  
12:30 PM Instructional Pool , PUZZLES, WII,

## THURSDAY ARTS & CRAFTS



**Thursday** 10:30 AM EXERCISE  
12:00 PM - CARD CLUB  
12:30 PM \$2 PAINT/ART CLUB



## FRIDAY



**Friday** 9:30 AM MOVIE  
12:00 PM CARD CLUB  
12:00 PM MOVIE AND ART



# 2026

# February

| Mon  | Tue  | Wed   | Thu  | Fri  |
|--|--|---|--|--|
| <b>2</b> <b>Pub Steak Cheeseburger</b><br>(1 Beef Patty, 1 Slice Cheese)<br>WW Sandwich Roll<br>1/2 C Broccoli w/Ranch Dip<br>1/2 C Baked Beans<br>Fresh Apple<br><b>Cal 899</b>               | <b>3</b> <b>BBQ Chicken Breast (1)</b><br>1/2 C Sautéed Greens<br>1/2 C Buttered Chuckwagon<br>Corn<br>WW Bread w/Margarine<br>1/2 C Diced Pears<br><b>Cal 622</b>                     | <b>4</b> <b>Meatloaf w/Gravy (1 SL)</b><br>1/2 C Mashed Potatoes<br>1/2 C Peas & Carrots<br>WW Bread w/Margarine<br>Jello<br><b>Cal 609</b>   | <b>5</b> <b>Grilled Chicken Mornay</b><br>{1 Breast w/ 1/4 C Sauce)<br>1/2 C Buttered Green Beans<br>1/2 C Pasta Shells w/Sauce<br>1/2 C Fresh Fruit Salad<br><b>Cal 613</b>                   | <b>6</b> <b>Deli Plate (1/4 C Tuna</b><br>Salad, 1/4 C Egg Salad)<br>1 C Sweet Potato Corn Soup<br>WW Bread w/Margarine<br>1 SL Pound Cake<br>w/1/4 C Berries<br><b>Cal 736</b>  |
| <b>9</b> <b>Meatballs Rosini (3 Meatballs)</b><br>1/2 C Cauliflower & Peas<br>1 C Tossed Salad<br>1/2 C Penne w/Sauce<br>WW Bread w/Margarine<br>Jello<br><b>Cal 867</b>                       | <b>10</b> <b>Roast Turkey (2 Slices)</b><br>1/2 C Honey Glazed Carrots<br>1/2 C Cranberry Cornbread<br>Stuffing<br>WW Bread w/Margarine<br>1/2 C Fresh Cantaloupe<br><b>Cal 609</b>    | <b>11</b> <b>Pork Carnitas (1/2 C Seasoned Pork)</b><br>WW Tortilla<br>1/2 C Cabbage Slaw<br>1/2 C Mexican Rice<br>1/2 C Mandarin Oranges<br><b>Cal 601</b>   | <b>12</b> <b>Honey Mustard Chicken Salad (3/4 C Diced Chicken w/Salad (Let/Tom/Cue)</b><br>1 C Zucchini Parmesan Soup<br>WW Bread w/Margarine<br>Fresh Pear<br><b>Cal 640</b>                  | <b>13</b> <b>Spanish Omelet (1 Omelet w/Cheese &amp; Salsa)</b><br>1/2 C Diced Potatoes<br>1/2 C Peppers & Onions<br>WG Croissant w/Margarine<br>1/2 C Greek Yogurt<br>w/1/4 C Berries<br><b>Cal 600</b>                 |
| <b>16</b> <b>Smothered Pork</b><br>(1 SL Pork, Caramelized Onions)<br>1/2 C Roasted Sweet Potatoes<br>1/2 C Brussels Sprouts<br>WW Bread w/Margarine<br>1/2 C Banana Pudding<br><b>Cal 674</b> | <b>17</b> <b>Beef Barbacoa (3/4 C Seasoned Beef)</b><br>1/2 C Black Bean & Corn Vegetable Blend<br>1/2 C Brown Rice<br>1 SS Cup Guacamole<br>1/2 C Fresh Fruit Salad<br><b>Cal 600</b> | <b>18</b> <b>Crab Cake (1 Crab Cake w/Cocktail Sauce)</b><br>1 C Tossed Salad<br>1/2 C Macaroni & Cheese<br>WW Bread w/Margarine<br>1/2 C Diced Peaches<br><b>Cal 716</b>   | <b>19</b> <b>Stuffed Pepper Casserole (1 Piece w/Shredded Mozzarella)</b><br>1/2 C Green Beans<br>1/2 C Mashed Potatoes<br>WW Bread w/Margarine<br>1/2 C Cinnamon Applesauce<br><b>Cal 692</b> | <b>20</b> <b>Greek Salad w/Salmon (1 Salmon Filet, 2 C Romaine Lettuce, 2 Tomato Wedges, 1 Tbsp Feta Cheese, 2 Tbsp Olives)</b><br>1 C Garden Vegetable Soup<br>WW Bread w/Margarine<br>1 Fresh Orange<br><b>Cal 761</b> |
| <b>23</b> <b>Raspberry BBQ Chicken</b><br>(1 Grilled Chicken Breast)<br>1/2 C Broccoli & Cauliflower<br>1/2 C Roasted Sweet Potatoes<br>WW Sandwich Roll<br>1 Oatmeal Cookie<br><b>Cal 633</b> | <b>24</b> <b>Sausage &amp; Peppers (1 Sausage Link w/Tomato Sauce)</b><br>1/2 C Diced Potatoes<br>1/2 C Peppers & Onions<br>WG Hoagie Roll<br>1/2 C Jello<br><b>Cal 841</b>            | <b>25</b> <b>Chicken Avocado Salad (3/4 C Diced Chicken, 2 C Roasted Lettuce, 2 Tomato Wedges, 2 Tbsp Cukes, 1/4 C Avocado)</b><br>1 C Sweet Pepper & Beef Soup<br>WW Bread w/Margarine<br>1/2 C Tropical Fruit<br><b>Cal 654</b> | <b>26</b> <b>Firehouse Chili (1 C Beef &amp; Bean Chili)</b><br>1/2 C Corn<br>1/2 C Brown Rice<br>WW Bread w/Margarine<br>1/2 C Fresh Pineapple<br><b>Cal 708</b>                              | <b>27</b> <b>Vegetable Lasagna (1 Piece Lasagna w/Mozzarella)</b><br>1/2 C Carrot Coins<br>1 Tossed Salad<br>WW Bread w/Margarine<br>1/2 C Fresh Cantaloupe<br><b>Cal 649</b>  |