



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

FEBRUARY

2026

Entertaining Events:

-Clairton Kids Choir FEB, 19th

12:30 PM— 1:00 PM

-Valentines Day Dance

February, 13th 12:30 PM— 2:00PM



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

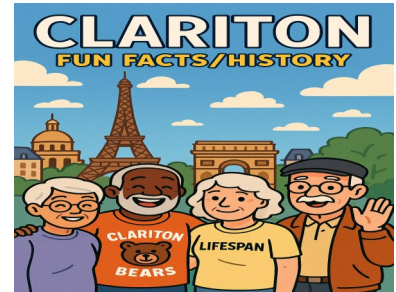
For inclement weather closings please tune into...

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

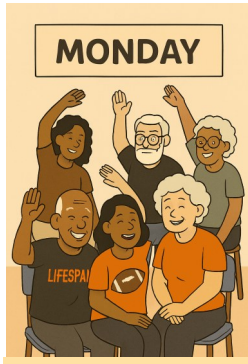
Use Your Copilot TAG

**Please Bring it with you every
day!**



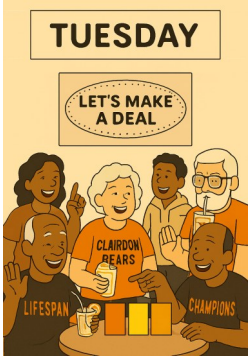
**BIRTHDAY BASH
FEBRUARY 20, 2026**

WEEKLY ACTIVITIES



MONDAY

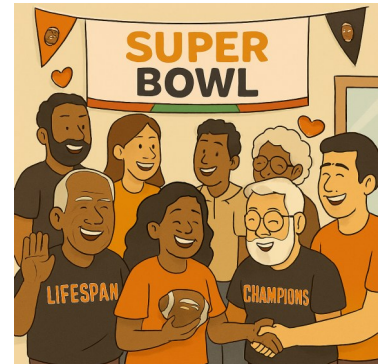
Monday CARDIO DRUMMING 10:30 AM
12:30PM Instructional Pool , PUZZLES, WII,



TUESDAY

LET'S MAKE
A DEAL

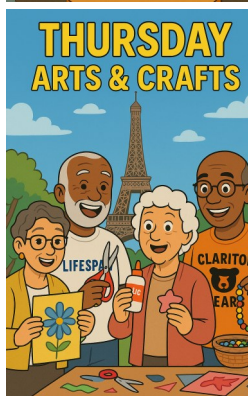
Tuesday 10:30 AM EXERCISE
12:00 PM - Card Club
12:30 PM \$1 GAME DAY



WEDNESDAY

\$1 BINGO

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

\$1 MOVIE
DAY

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



| 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 Sl) 1/2 C Mashed Potatoes 1/2 C Peas & 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 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 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 Cornbread 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 (1/4 C 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 Beef Barbacoa (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 |