

LifeSpan

YOUR PARTNER IN AGING

Imperial, Active Life Center

540 Penn Lincoln Dr

Imperial, PA. 15126

Center Supervisor: Jackie Milliard

Activity Aide: Carole Weldon

Hours of Operation:

Monday-Friday 9am to 3pm

Phone Number: 724 218-1669

Web Site: www.lifespanpa.org

Lunch: Served Daily at 11:30am



March Events

March 17th - Breakfast is Served!!! 9:00am-10:30am. Come enjoy a hot breakfast. We will be serving scrambled eggs, potatoes O'Brien, pancakes and sausage. We will also serve orange juice and coffee. Must sign up if you would like to come!!

March 20th - Center closed for all employee meeting

**HAPPY BIRTHDAY TO ALL OF THE
MARCH "BABIES"**

MONDAYS

9:00am - 3:00pm PA FITNESS CENTER OPEN

(Please don't forget to sign in on copilot)

9:00am - 3:00pm Puzzle Pals

10:00am - 11:00am Cardio Drumming

12:00pm - 2:00pm Bingo w/a Stretch

AmeriHealth Caritas coming in April for a presentation on the health topic "Adult Breathing Easier" Great information for all.

THANK YOU TO ALL OF OUR VOLUNTEERS!!

THIS CENTER CAN'T WORK WITHOUT YOUR HARD WORK. WE ALL APPRECIATE YOU !!!!



TUESDAYS

9:00am - 3:00pm PA FITNESS CENTER OPEN

(Please don't forget to sign in on copilot)

9:00am - 3:00pm Puzzle Pals

10:00am - Strength & Balance Exercise

11:30am - Euchre

12:00pm - Bunco

SPECIAL TUESDAYS

March 10– Rivers Casino (Access)

Meet @ Lifespan @ 10:30am Sign up by March 3.

Need 5 consumers

March 17-Breakfast 9am-10:30am

March 24 – Extended Care

(retirement & effects on financial planning)

March 31– 1:00pm-3:00pm Tech Tutoring

Please sign up in advance.

WEDNESDAYS

9:00am-3:00pm PA FITNESS CENTER OPEN

(Please don't forget to sign in on copilot)

9:00am Puzzle Pals

9:15am Line Dancing

12:00pm Rummikub

(All are welcome!)

1:00pm Bridge

SPECIAL WEDNESDAYS

March 11 - Advisory Committee Meeting

10:00am (Let your voice be heard!!)



THURSDAYS

**9:00am - 3:00pm PA FITNESS CENTER OPEN
(Please don't forget to sign in on copilot)**

9:00am - 3:00pm Puzzle Pals

10:30am 500 Bid (Experienced players)

SPECIAL THURSDAYS

*****If anyone is interested in Cardio Drumming on Thursdays please let Jackie know. We are also starting a "Stepping to the beat" class. For information please see Jackie.**

REMINDER



Programs and activities may be cancelled due to insufficient sign-ups or inclement weather We will do our best to notify you if that should happen.**

FRIDAYS

9:00am - 3:00pm PA FITNESS CENTER OPEN

(Please don't forget to sign in on copilot)

12:30pm MOVIE DAY

1:00pm Tai-Chi for Arthritis and Fall Prevention (Please sign up if you would like to join.) There is a weekly fee. Please see Jackie for details if you are interested.

SPECIAL FRIDAYS

***** March 20- Center will be closed for an all Employee meeting. Tai-Chi will resume on Friday March 27th.**

***** March 27-Lunch Bunch Outing 11:30am Will meet at Lou Lou's Restaurant across from Janoski's Farm**

Mon	Tue	Wed	Thu	Fri
<p>2 Petite Beef Tenderloin Marsala (1 Sl Beef w/ Marsala Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 762</p>	<p>3 Chicken Caesar Salad (1/2 C Grilled Chicken, Parmesan Cheese) 2 C Romaine Lettuce 1 C Tomato Soup 1 Pkt Croutons WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726</p>	<p>4 Stuffed Cabbage (1 Pc w/Shredded Mozzarella) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w/1/4 C Peaches Cal 765</p>	<p>5 Chicken Parmesan Sandwich (Breaded Chicken Breast, Sauce, Mozzarella Cheese) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll 1 Sl Pound Cake w/1/4 C Berries Cal 826</p>	<p>6 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Caribbean Vegetable Blend 1/2 C Cilantro Lime Rice WW Bread w/Margarine Fresh Orange Cal 613</p>
<p>9 Turkey & Swiss Croissant Sandwich (3 Sl Turkey, 1 Sl Cheese, WG Croissant) 1/2 C Coleslaw 1 C Med. Vegetable Soup 1/2 C Fresh Grapes Cal 630</p>	<p>10 Korean BBQ Beef (3/4 C Beef) 1/2 C Stir Fried Vegetables 1/2 C Veggie Fried Rice WW Bread w/Margarine Fresh Orange Cal 611</p>	<p>11 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 Applesauce Cal 659</p>	<p>12 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 Chocolate Pudding Cal 700</p>	<p>13 Baked Three Cheese Pasta Florentine (1 C Three Cheese Pasta w/1/4 C Spinach) 1/2 C Italian Normandy Blend Garlic Breadstick Mixed Fruit Cal 631</p>
<p>16 Pub Steak Cheesburger (1 Beef Patty, 1 Sl Cheese) WW Sandwich Roll 1/2 C Broccoli & Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899</p>	<p>17 BBQ Chicken Breast (1 Chicken Breast) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread w/Margarine 1/2 C Diced Pears Cal 622</p>	<p>18 Meatloaf w/ Gravy (1 Sl Meatloaf) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello Cal 696</p>	<p>19 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</p>	<p>20 Centers Closed</p>
<p>23 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</p>	<p>24 Roast Turkey (1 3 Oz Slice Turkey) 1/2 C Honey Glazed Carrots 1/2 C Cranberry Cornbread Stuffing WW Bread w/Margarine 1/2 C Mixed Fruit Cal 652</p>	<p>25 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</p>	<p>26 Honey Mustard Chicken Salad (3/4 C Diced Chicken) w/ Salad (Lettuce/Tomato/Cucumber) 1 C Zucchini Parmesan Soup WW Bread w/Margarine Fresh Pear Cal 640</p>	<p>27 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</p>
<p>30 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</p>	<p>31 Beef Barbacoa (3/4 C Seasoned Beef) 1/2 C Black Bean & Corn Vegetable Blend 1/2 C Brown Rice 1SS Cup Guacamole 1/2 C Fresh Fruit Salad</p>			<p>March 8 Spring Forward! Daylight Saving Time</p> 