



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

Kerriane Troesch: Activity Aide



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

WE WILL BE CLOSED ON
FRIDAY MARCH 20TH, 2026
FOR OUR QUARTERLY MEETING.
WE WILL RESUME NORMAL
HOURS ON MONDAY
MARCH 23RD, 2026 AT 9:00AM

Celebrate **ST. PATRICK'S DAY** with a little luck and
a lot of fun!

Join us Tuesday March 17th **10:00 AM-2:00 PM**

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

and an amazing performance by

The Mon Valley Cloggers @ 12:30 PM

Share laughs, friendship, and plenty
of luck of the Irish!



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

\$15/per person



SPRING FORWARD
Change Your Clocks

**DAYLIGHT SAVINGS
BEGINS SUNDAY
MARCH 8TH, 2026**



**SHOW YOUR SUPPORT AND LOVE OF
THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER
BY PURCHASING A SHAMROCK.
DONATE \$2 FOR A SMALL SHAMROCK AND
\$5 FOR A LARGE SHAMROCK.
(ALL PROCEEDS WILL BENEFIT THE LIFESPAN
MON VALLEY ACTIVE LIFE CENTER).
FOR EVERY \$ YOU DONATE, YOU WILL
RECEIVE A TICKET FOR A CHANCE TO WIN A PRIZE
AS ALWAYS THANK YOU FOR SUPPORT!**



ATTENTION!!! HAPPY BIRTHDAY!
IF YOUR BIRTHDAY IS IN
JANUARY, FEBRUARY OR MARCH
YOU AND A GUEST ARE INVITED
TO ENJOY A PIECE OF CAKE
AND AN ICE CREAM CUP ON
TUESDAY MARCH 31ST @ 12:00 PM
SIGN UP BY FRIDAY MARCH 27TH
THIS IS A FREE EVENT!



MONDAY ACTIVITIES



10:00 AM S.A.I.L. EXERCISE

11:00 AM: CARD CLUB

12:00 PM: MEMBERSHIP BINGO

(\$5 PACKAGE INCLUDES:

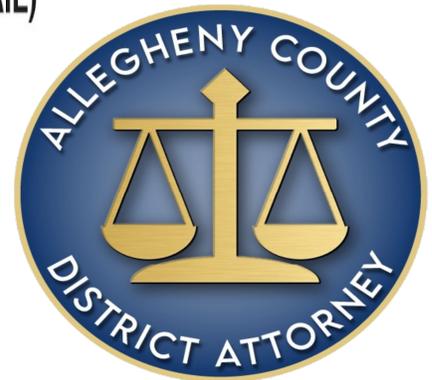
2 BOARDS, 3 SPECIALS AND A JACKPOT)

ADDITIONAL CARDS ARE \$.50 EACH

2:00 PM: Mexican Train



Stay Active
& Independent
for Life (SAIL)



Speakers & Presentations

Pitt

Office of District Attorney Steven A Zappala

“FRAUDS AND SCAMS”

PRESENTATION

MONDAY MARCH 16, 2026

10:45 AM

Joseph Giuffre

SENIOR JUSTICE ADVOCATE

PITT UNIVERSITY/MAPS

WILL BE HERE ON

MONDAY MARCH 9TH

@ 10:30 AM

SUBJECT: MENTAL/PHYSICAL
HEALTH

TUESDAY ACTIVITIES

10:00 AM: CARDIO DRUMMING CLASS

THIS IS A VIRTUAL CLASS.

NEW ROUTINES EVERY WEEK!

JOIN US EVERY TUESDAY IN MARCH

12:15 PM PLAY PENNY POKENO

(BRING YOUR OWN PENNIES)



Speakers & Presentations

MEET ALLISON HINDMAN FROM
AMERIHEALTH CARITAS
TO LEARN ABOUT
DENTAL HEALTH

TUESDAY MARCH 10 @ 11 :00 AM



AmeriHealth Caritas
Pennsylvania

MAKE A PAPER PUMPKIN STAMPIN UP
GREETING CARD IN GAYLE'S CLASS!

TUESDAY MARCH 10TH

ONLY 9 SPOTS AVAILABLE FROM 12:00 PM-1:00 PM

SIGN UP TODAY! THIS IS A FREE CLASS!



Lou's Art Class TUESDAY

MARCH 10TH AND 24TH

NEW MEMBERS ARE

WELCOME TO JOIN INCLASS STARTS @ 12:30 PM

Instructor: Lou Romanchak

TUESDAY MARCH 10TH @ 12:15 PM

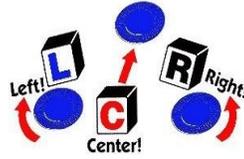


LET YOUR VOICE BE HEARD!

THIS MEETING IS FOR ANY PERSON WITH IDEAS, SUGGESTIONS OR
CONCERNS TO HELP IMPROVE DAILY OPERATIONS.

ALL IDEAS AND COMMENTS ARE WELCOME!

WEDNESDAY ACTIVITIES



COFFEE & COLOR Every Wednesday

9:00 AM-11:00 AM Enjoy a cup of
coffee, light snack+ coloring pages

12:15 PM: LCR DICE GAME



BLOOD PRESSURE / HEALTH SCREENINGS



**WEDNESDAY MARCH 4TH @ 10:00 AM BLOOD PRESSURE CHECK/HEALTH EDUCATION WITH
LATTERMAN CLINIC**

WEDNESDAY MARCH 4TH @ 10:30 AM HEALTH SCREENING WITH DUQUESNE UNIVERSITY

ACADEMY OF PODIATRY

**WILL BE COMING TO LIFESPAN WEDNESDAY
MARCH 11TH @ APPROXIMATELY 12:30 PM.**

TIME IS SUBJECT TO CHANGE

PROVIDING ON SITE FOOT CARE

**(NAIL TRIMMING, CALLOUSES, INGROWNS, AND
MORE!)**

**You will need your insurance card, as we do bill
Insurances. You may be responsible for copay/
co-insurance/deductible depending on your
plan.**

Insurances cover every 60 days for nail care.

**If you wish to be seen before the 60 days,
you may self pay.**

CRAFTS OR COOKING WITH KERRIANNE

JOIN OUR ACTIVITY AIDE KERRIANNE

**EVERY WEDNESDAY IN MARCH @ 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.

WACKY WEDNESDAY BINGO

DID YOU HEAR?

WE ARE PLAYING BINGO ON

WEDNESDAY!

EVERY WEDNESDAY IN

MARCH @ 12:15 PM



Member Only Bingo

All cards are 25¢ each

5 WACKY Games 2 Specials and 1 Jackpot

WEDNESDAY MARCH 4TH & 11TH

WEAR GREEN AND BE

ENTERED FOR A CHANCE TO

WIN A DOOR PRIZE



SAVE THE DATE

FRIDAY MARCH 20TH: WE WILL BE CLOSED FOR

OUR QUATERLY TEAM MEETING

WEDNESDAY AND THURSDAY APRIL 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 AND THURSDAY MAY 20TH & 21ST: AARP DRIVING CLASS 10:00 AM-2:00 PM

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

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



I'm not Irish, but
kiss me anyway... I
could use the luck!

THURSDAY ACTIVITIES

10:00 AM - 10:45 AM

SAIL Exercise



Stay Active
& Independent
for Life (SAIL)

12:00 PM - 1:30 PM

Member Bingo



All cards are 25¢ each

*Regular Games 2 Specials
and 1 Jackpot*



MEET ALLISON HINDMAN FROM

AMERIHEALTH CARITAS

TO LEARN ABOUT

Senior Law: Housing Rights & Elder Law
In (partnership with Senior Law Center)

MARCH 12TH @ 10:30 AM



MEET ALLISON HINDMAN FROM

AMERIHEALTH CARITAS

TO LEARN ABOUT

RENT REBATES

MARCH 26TH @ 10:30 AM


AmeriHealth Caritas
Pennsylvania

FRIDAY DAILY ACTIVITIES

12:00 PM UNO CARD GAME

JOIN IN A FUN GAME OF UNO EVERY

FRIDAY WITH OTHER LIFESPAN MEMBERS




Group Exercise for Improved Mobility in Older Adults®

ON THE MOVE

WALKING CLASS WITH AMY

FRIDAY MARCH 6TH, 13TH AND 27TH

Time: 10:00 AM-10:45 AM

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

Group Trips w/ OPT

RESTAURANT TRIP OF THE MONTH

MULLANEY'S HARP & FIDDLE IRISH PUB

2329 PENN AVENUE PITT, PA 15222

FRIDAY MARCH 13TH

SIGN UP BY FRIDAY MARCH 6TH

WILL CALL WITH PICK UP TIMES FROM ACCESS



RIVERS CASINO GROUP TRIP: MONDAY MARCH 30TH

SIGN UP BY MONDAY MARCH 23RD

WILL CALL WITH PICK UP TIMES FROM ACCESS



DO YOU NEED TO DO SOME SHOPPING?



TAKE A TRIP TO THE STRIP DISTRICT ON WEDNESDAY MARCH 25TH

LEAVE THE CENTER AT 10:00 AM

PICK UP AT THE STRIP DISTRICT 2:00 PM

SIGN UP BY WEDNESDAY MARCH 18TH

WILL CALL TO CONFIRM TIMES



TAKE A TRIP TO THE OAKMONT BAKERY

ON WEDNESDAY APRIL 1ST

SIGN UP BY WEDNESDAY 25TH WILL CALL WITH PICK UP TIMES



GROUP TRIP WITH OPT

SIGN UP AND PAY BY
WEDNESDAY MARCH 11TH

\$19

AMY WILL REGISTER THE GROUP

NATIONAL AVIARY

Senior Day - March 18, 2026



**Activities Directors, plan a visit to the National Aviary
for your small group!**

For this special day ONLY, our minimum group size has been reduced to just FIVE participants! Located on Pittsburgh's historic Northside, the National Aviary is home to more than 500 birds and other animals representing more than 150 species from around the world! Stroll through and linger in our breathtaking, expansive indoor habitats.

Senior Day Itinerary

1 - 1:45 pm: Education Program

Learn about bird conservation AND meet an Animal Ambassador!

2 - 2:30 pm: Live, Immersive Bird Show

Attend *Passport to Parks*, presented by AAA Travel!

2:30 - 5 pm: Explore the Aviary at your own pace!

Per-person group rate (minimum of 5 per group): \$19
Pre-registration is required. Capacity is limited.

To register contact the National Aviary Education Department at
412-258-9439 or email education.programs@aviary.org.

The National Aviary is a fully accessible facility.

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

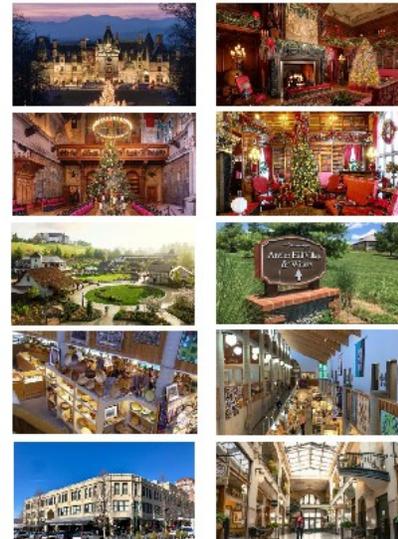
Nov. 30 – Dec. 5, 2026

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

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LifeSpan
YOUR PARTNER IN AGING



\$1000 BINGO & Lunch

LifeSpan Mon Valley Active Life Center at Olympia

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

Saturday March 21, 2026

\$25.00

Doors Open at 10:00am—Bingo starts at 12:00pm

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 at Olympia



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 Cheeseburger (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 Cornucopia Corn WW Bread w/Margarine 1/2 C Diced Peas 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 Merriam (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 Cal 600</p>			<p>March 8 SPRING FORWARD! Daylight Saving Time</p>