



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

MARCH
2026

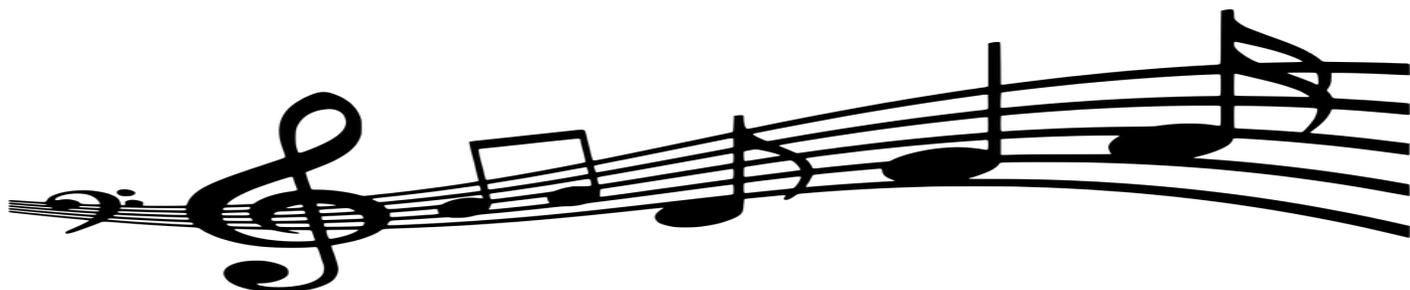
- CENTER CLOSED
MARCH 20TH

FASHION FRIDAYS: CONTEST & PRIZES

DRESS IN YOUR BEST 50's, 60's, 70's

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



DUQUESNE UNIVERSITY

HEALTH SCREENINGS

10:30 AM - 2:00 PM

TUESDAY, MARCH 3, 2026

Health Screenings
and Initiative A-1C



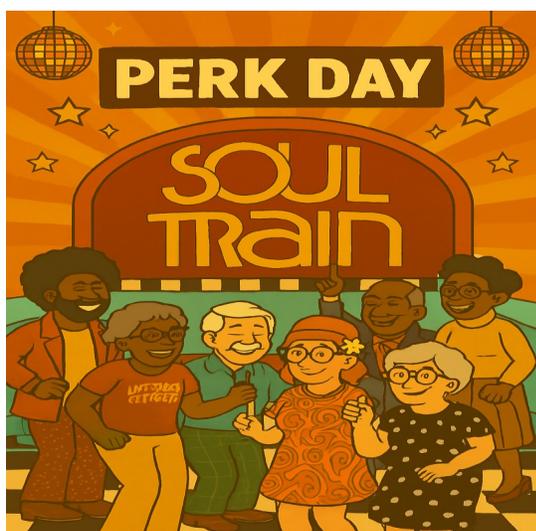
**ADVISORY
MEETING
MARCH
25th, 2026**

SPEAKERS

03/04 AMERI HEALTH— RENT REBATES @ 10:30 AM

03/11 PITT UNIVERSITY—CYBER SECURITY @ 10:30 AM

03/19 BALTIMORE LIFE—FINANCIAL MANAGEMENT @ 11AM



PERK DAY EVERY MONDAY

\$3 BREAKFAST

10 AM

SIGN UP WEEK PRIOR

03/02 OATMEAL OR CREAM A WHEAT

03/09 CEREAL AND TOAST

03/16 DANISH AND FRUIT

03/23 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—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



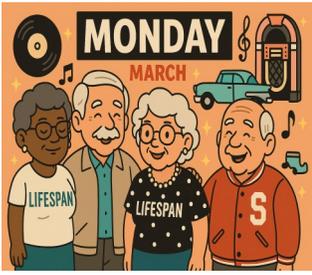
**2026 MEMBERSHIP
SIGN-UP WITH BEVERLY
\$15 CASH OR CHECK
MADE OUT TO LIFESPAN**

**MEMO: **EVERYONE MUST SIGN
IN AT FRONT DESK
BEFORE ENTERING THE CENTER
Use Your Copilot TAG
Please Bring it with you every
day!
YOU MUST USE THE COPILOT
TAG
TO REGISTER FOR LUNCH!**



**BIRTHDAY BASH
MARCH 27, 2026**

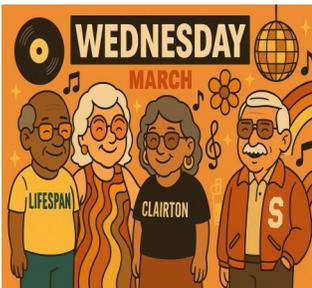
WEEKLY ACTIVITIES



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



Tuesday 10:30 EXERCISE
12:00 PM - CARD CLUB
12:30 \$1 GAME DAY



Wednesday 10:30 AM - EXERCISING
12:30 PM BINGO
12:30PM POOL, PUZZLES, WII,



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



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

Senior Trivia Activity Sheet: Back in Time – 50s, 60s, 70s

1950s

1. **Music:** Who was known as the “King of Rock and Roll”?
 - A) Chuck Berry
 - B) Elvis Presley
 - C) Buddy Holly
 - D) Little Richard
- TV Show:** Which show starred Lucille Ball and Desi Arnaz?
 - A) Leave It to Beaver
 - B) I Love Lucy
 - C) The Honeymooners
 - D) Father Knows Best
- Throwback Item:** Which appliance became popular in homes during the 1950s?
 - A) Microwave
 - B) Blender
 - C) Cordless phone
 - D) Dishwasher

1960s

1. **Major Event:** What historic event happened in 1969?
 - A) JFK elected
 - B) Woodstock
 - C) Moon landing
 - D) Beatles breakup
- TV Show:** Which animated show featured a futuristic family?
 - A) The Flintstones
 - B) The Jetsons
 - C) Lost in Space
 - D) Bewitched
- Old-School Fashion:** Which fashion item was iconic in the 60s?
 - A) Bell-bottoms
 - B) Cargo pants
 - C) Leg warmers
 - D) Denim jackets

1970s

1. **Music Genre:** Which genre rose to fame with artists like Donna Summer and the Bee Gees?
 - A) Funk
 - B) Rock
 - C) Disco
 - D) Soul
- TV Show:** Which sitcom featured Archie Bunker?
 - A) Good Times
 - B) The Jeffersons
 - C) All in the Family
 - D) Sanford and Son
- Movie:** Which film featured a giant shark terrorizing a beach town?
 - A) Jaws
 - B) The Deep
 - C) Close Encounters
 - D) The Poseidon Adventure

Clairton Public Library:

The Clairton Public Library offers a variety of weekly programming from youth events, to senior crafts and walks, to book clubs and benefits assistance. Hotspots available for rent, along with books, movies, video games, and more! Follow along their Facebook page or website to keep informed of their many events.

Facebook: <https://www.facebook.com/libraryclairton15025>

Website: <https://clairtonlibrary.org/>

Phone number: (412) 233-7966

Clairton Family Center:

Each month, Clairton Family Center (next to the football stadium & Head Start) has 412 Food Rescue Distributions, Dollar Energy assistance, diaper banks, as well as special events (like Beverly's Birthdays visits and more!)

Facebook: <https://www.facebook.com/ClairtonFCAIU>

Website: <https://www.aiu3.net/familycenters>

Phone Number: (412) 233-8325

Weekly Services:

State Representative Dan Goughnour Office Hours: Tuesdays & Thursdays from 9 am - 4 pm at the Clairton Municipal Building | Office number: 412-233-2505 | Types of assistance: Rent rebate assistance [eligibility restrictions apply], driver and vehicle services, PACE prescription assistance services, and more.

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, W/G 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 Chukwagon 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 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 Combread 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</p>