

LifeSpan

YOUR PARTNER IN AGING

Imperial Active Life Center

540 Penn Lincoln Dr

Imperial, PA. 15126

Center Supervisor: Jackie Milliard

Activity Aide: Carole Weldon

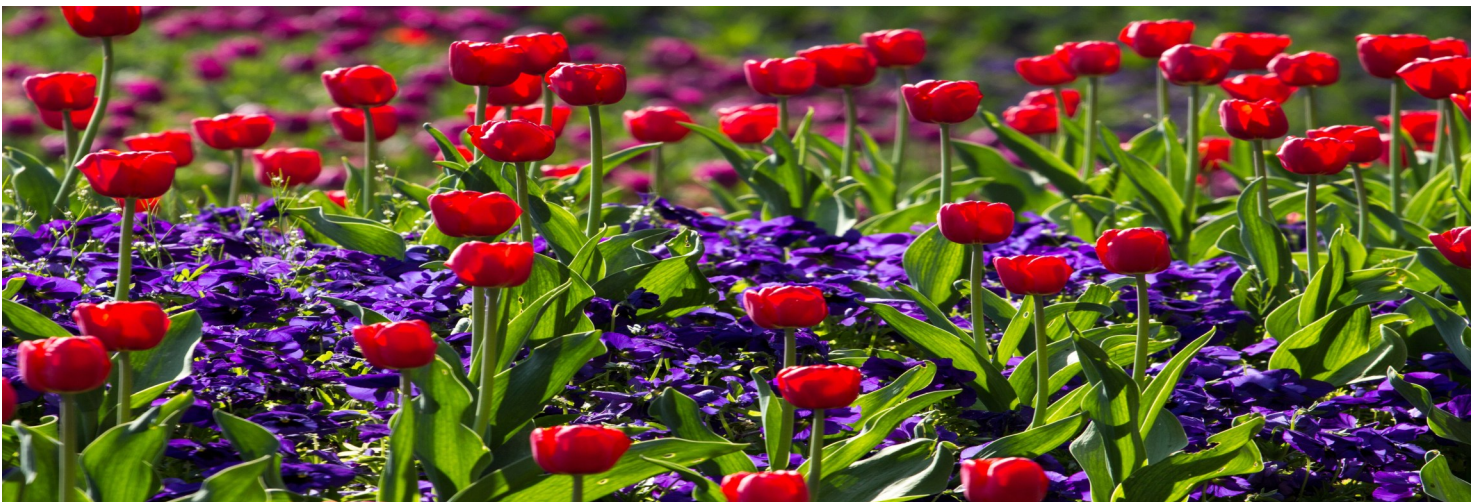
Hours of Operation:

Monday-Friday 9am to 3pm

Phone Number: 724 218-1669

Web Site: www.lifespanpa.org

Lunch: Served Daily at 11:30am



APRIL EVENTS

April 8 - Advisory Committee 10am

April 13 - Amerihealth Caritas Presentation @ 10:50am. Please sign up!!

April 17-Central Diner lunch 11am

April 20-North Fayette Police to do Life Skills on "Choking/First Aid" @ 10am

MONDAYS

9am - 3pm PA Fitness Center

9am - 3pm Puzzle Pals

10am - Mahjong

12pm - 2:30pm Bingo w/a Stretch

SPECIAL MONDAY

AmeriHealth Caritas coming

April 13 @ 10:50am “Adult Breathing Easier”

Please sign up!!

**April 20th @ 10am. North Fayette Police to do a
class on “Choking & First Aid”**

Please sign up.

Life saving techniques so important.

****We are looking to start up Mahjong.**

If interested please see Jackie or Carole

TUESDAYS

9am - 3pm PA FITNESS CENTER

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

9am - 3pm Puzzle Pals

10am - Strength & Balance exercise

11:30am - Euchre

12pm - Bunco

****Ping Pong available all day****

**A SPECIAL "THANK YOU" TO ALL OF OUR
WONDERFUL VOLUNTEERS !!!!**

HAPPY BIRTHDAY "APRIL BABIES"

WEDNESDAYS

9am-3pm PA FITNESS CENTER

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

9am Puzzle Pals

9:15am Line Dancing

12pm Rummikub

(All are welcome!)

1pm Bridge

SPECIAL WEDNESDAYS

April 8 - Advisory Committee Meeting

10am (let your voice be heard!!)

****Ping Pong available all day**

THURSDAYS

9am - 3pm PA FITNESS CENTER

9am - 3pm Puzzle Pals

10am Cardio Drumming

10:30am 500 Bid (Experienced players)

(4 top tables only. If you are interested in joining please see Jackie or Carole)

Special Thursdays

*****Cardio Drumming is starting back up.**

It is Thursdays at 10am. Come join the fun !!!!

*****Ping Pong all day**

****Please remember...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

9am - 3pm PA FITNESS CENTER

12pm Stepping to the beat

12:30pm MOVIE DAY

1pm 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.

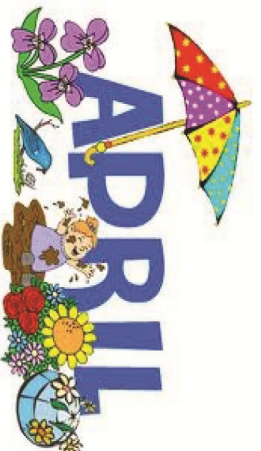
SPECIAL FRIDAYS

April 17-Lunch Bunch Outing @ Central Diner in Robinson. Meet at 11am

****Ping Pong available all day**

****Stepping to the beat is a fun, interactive program to help with walking, keeping your mind sharp and eye/hand coordination.**

Come join the fun !!!!



Mon

Tue

Wed

Thu

Fri



<p>6 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</p>	<p>7 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</p>	<p>8 Chicken Avocado Salad (1/2 C Diced Chicken) Salad (2 C Romaine Lettuce, 2 Tomato Wedges, 2 Tbsp Cucumbers, 1/4 C Avocado) 1 C Sweet Pepper & Beef Soup WW Bread w/Margarine 1/2 C Tropical Fruit Cal 654</p>	<p>9 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</p>	<p>10 Vegetable Lasagna (1 Pe Lasagna w/Mozzarella) 1/2 C Carrot Coins 1 C Tossed Salad WW Bread w/Margarine 1/2 C Mixed Fruit Cal 692</p>
<p>13 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>14 Chicken Caesar Salad 3/4 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>15 Stuffed Cabbage (1 Pe 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>16 Chicken Parmesan Sandwich (Breaded Chicken, sauce, Mozzarella Cheese) 1 C Tossed Salad 1/2 C Italian Baby Baked Potatoes WW Sandwich Roll Cal 826</p>	<p>17 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>20 Turkey & Swiss Croissant Sandwich(3 Slices Turkey, 1 Slice Cheese, WG Croissant) 1/2 C Coleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 630</p>	<p>21 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>22 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>23 Swiss Steak (1 Beef Patty, 2 Tbsp Tomato Gravy) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Cal 700</p>	<p>24 Baked Three Cheese Pasta Florentine (1 C Three Cheese Pasta w/1/4 C Spinach) 1/2 C Italian Normandy Blend Garlic Breadstick 1/2 C Mixed Fruit Cal 631</p>
<p>27 Pub Steak Cheeseburger (1 Beef Patty, 1 Slice Cheese) WW Sandwich Roll 1/2 C Broccoli and Ranch Dip 1/2 C Baked Beans Fresh Apple Cal 899</p>	<p>28 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</p>	<p>29 Meatloaf w/Gravy (1 Slice) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello Cal 696</p>	<p>30 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>May 1 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</p>