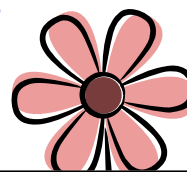




IMPERIAL ACTIVE LIFE CENTER



MAY 2026

540 Penn Lincoln Dr.

Imperial, PA. 15126

Center Supervisor: Jackie Milliard

Activities Aide: Carole Weldon

Monday-Friday 9am-3pm

Phone: (724)218-1669

Web Site: www.lifespanpa.org

Lunch served daily at 11:30am

SPECIAL MONDAYS

May 4 11am - Dr. Hess

May 11 10:30am - "25 ways to stay healthy"

TUESDAY

PA Fitness 9am-3pm

Puzzle Pals 9am-3pm

Ping Pong 9am-3pm

10am - Strength and Balance

11:30am - Euchre

12pm - Bunco

MONDAY



PA Fitness 9am-3pm

Puzzle Pals 9am-3pm

Ping Pong 9am-3pm

12:00pm-Bingo with a stretch

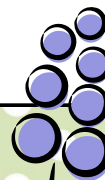
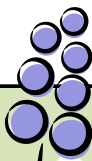
1:00pm-Mahjong

SPECIAL TUESDAYS

May 5 10:30am - Caregivers on Demand

May 19 10:30am - Fall Prevention

May 26 Tech Tutoring(sign up)



MAY 2026

WEDNESDAY

PA Fitness 9am-3pm
Puzzle Pals 9 am-3pm
Ping Pong 9am-3pm

9:15am Line Dancing
12pm Rummikub
1pm Bridge(Experienced
players only)

SPECIAL WEDNESDAY

May 13 Advisory Committee
Meeting @ 10am. All are
welcome...Let your voices be
heard !!!



THURSDAY

PA Fitness 9am-3pm
Puzzle Pals 9am-3pm
Ping Pong 9am-3pm

10 am -Cardio
Drumming
10:30am-500 Bid
(Experienced Players)



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

MAY 2026

FRIDAY

9am-3pm PA Fitness
9am-3pm Puzzle Pals

10am-11:00am-Game Day
12pm-Stepping to the Beat
1pm - Tai-Chi

upcoming events

- We will start taking orders for shoes in June.
Sponsored by Samaritan's Feet. Please see Jackie if you are interested in a free pair of shoes.
- MediConnect will be here June 30th from 6pm - 8pm for Medicare Seminar



SPECIAL FRIDAYS

Lunch Bunch Outing:
May 8 @ 11:30am

Napoli Restaurant
located in Bridgeville

Open House:

May 22 from 10am-2pm - Everyone is welcome. Please don't hesitate to bring a friend/neighbor who would be interested in joining our Senior Center.

Chick-Fil-A for lunch
(while supplies last)



***Imperial Lifespan will be closed on Monday, May 25th in observance of Memorial Day

LifeSpan PRESENTS...

OGLEBAY RESORT FESTIVAL OF LIGHTS

Friday, November 20, 2026

Package Includes:

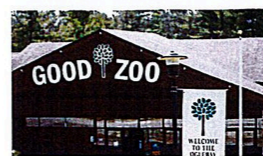
- *DELUXE ROUND TRIP MOTOR COACH TRANSPORTATION
- *SUMPTUOUS HOLIDAY DINNER AT OGLEBAY
- *ADMISSION TO THE GOOD ZOO
- *ADMISSION TO OGLEBAY'S MANSION MUSEUM
- *ADMISSION TO THE GLASS MUSEUM & ARTISAN CENTER
- *ADMISSION TO OGLEBAY'S FESTIVAL OF LIGHTS WITH TOUR GUIDE
- *ALL TAXES AND MEAL GRATUITIES

Package Price: \$199.00 / pp
\$50 Non-Refundable Deposit due with Reservations
Final Payment is due by October 16, 2026

For Information & Reservations Contact
Claudette Biers @ 412-276-5056 or
Jackie Milliard @ 724-218-1669

Travel Insurance

If you wish to purchase Travel insurance, go to our website www.seniorexcursionsinc.com and click the RED Travel insurance button on the bottom right and follow the instructions.





LITESpan PRESENTS....



The Lucy & Desi Experience

JAMESTOWN, NY

Friday, September 25, 2026

Day Trip

Package Includes:

*Rt. Deluxe Motorcoach Transportation

***Fantastic Lunch in the Tropicana Room**- Go back in time and experience this re-creation of *Ricky Ricardo's* famous Manhattan night club. In the Tropicana Club, enjoy a delicious themed lunch while watching your favorite episode of *I Love Lucy*.

*The Luci & Desi Experience Including:

Guided tour of the Luci Desi Museum - Let our knowledgeable tour guide take you back to the filming of *I Love Lucy*. Get a behind-the-scenes look into the creation and production of the show, experience exact re-creations of the iconic sets as well as an intimate look into the personal lives and careers of Lucy and Desi.

***Lucy Hometown Tour**-Our "Lucytown Tours" are an ever-popular guided bus tour of Lucy's hometown that includes a friendly and knowledgeable step-on guide who will take you to places of significance in Lucille Ball's life in Jamestown, NY and nearby Celoron. Aboard your motorcoach, you will see the house that she was born in, the house where she grew up, larger-than-life *I Love Lucy* murals, legendary Lucy statues, Lucy's final resting place and much more.

***Personalized Photo on the set of the Lucy show**

***Admission to the National Comedy Center**-Based on Lucy's vision for her hometown, the award-winning **National Comedy Center** is dedicated to presenting the vital story of comedy and preserving its heritage for future generations. Opened in August of 2018, the museum offers an unprecedented visitor experience using state-of-the-art technology, interactivity and personalization to create the first true 21st Century museum environment.

*All Taxes and meal Gratuities

Package Price: \$239.00 / pp

\$50 non-refundable Deposit is due with Reservation
Final Payment is due by July 21, 2026

For Information & Reservations Contact

Claudette Biers @ 412-276-5056 or
Jackie Milliard @ 724-218-1669

Travel Insurance

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For information on the day trips please contact Jackie Milliard at (724) 218-1669



CONGREGATE MEAL MENU May 2026

May 1				
Deli Plate (Tuna salad & egg salad) Sweet Potato Corn Soup Bread w/margarine Pound Cake w/Berries				
May 4	May 5	May 6	May 7	May 8
MeatballsRosini Cauliflower & Peas Tossed Salad w/Dressing Penne w/Sauce Bread w/margarine Jell-O	CaliforniaTurkey Burger w/Sandwich Roll Mustard Broccoli w/Ranch Dip Fresh Watermelon	ChickenCarnitas w/Tortilla Cabbage Slaw Mexican Rice Salsa Diced Pears	Honey Mustard Chicken Salad ZucchiniParmesanSoup Bread w/margarine Fresh Apple Slices	Spanish Omelette Diced Potatoes Peppers & Onions Croissant w/margarine Greek Yogurt w/Berries
May 11	May 12	May 13	May 14	May 15
Orange Pineapple Pork Loin Green Beans Baby Baked Potatoes Bread Banana Pudding	GreekSalad w/Salmon Garden Veggie Soup Bread w/margarine Fresh Orange	CrabCake Tossed Salad w/Ranch Macaroni & Cheese Bread w/margarine Diced Peaches	Stuffed Pepper Carrots Mashed Potatoes Bread w/margarine Cinnamon Applesauce	BeefBarbacoa Black Beans & Corn Vegetable Blend Brown Rice Guacamole Fresh Fruit Salad
May 18	May 19	May 20	May 21	May 22
Raspberry BBQ Chicken w/Sandwich Roll Broccoli & Cauliflower Roasted Sweet Potatoes Oatmeal Cookie	SausageandPeppers Diced Potatoes Peppers & Onions Hoagie Roll Jell-O	ChickenAvocado Salad French Onion Soup Bread w/margarine Tropical Fruit	CheesyBeefMacaroni Stewed Tomatoes Green Beans Bread w/margarine Fresh Pineapple	Vegetable Lasagna Carrot Coins Tossed Salad w/Ranch Bread w/margarine Fresh Cantaloupe
May 25	May 26	May 27	May 28	May 29
Mojo Marinated Cod Filet Caribbean Veggie Blend Cilantro Lime Rice Bread w/margarine Fresh Orange	ChickenCaesarSalad Tomato Soup Bread w/margarine Diced Pineapple	Stuffed Cabbage Mashed Potatoes Green Beans Bread w/Margarine Greek Yogurt w/Peaches	Chicken Parmesan Tossed Salad w/Ranch Penne w/Sauce Pound Cake w/Berries	Pulled Pork w/BBQ Sauce packet Baked Beans Coleslaw Sandwich Roll Fresh Apple Slices

All meals include milk. Menus are subject to change if necessary due to supply and/or emergency.

Please be advised that food served may contain one of the following ingredients: milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat,peanuts, soybeans.

4.10.26



Remember -
our fallen heros.
They are the reason
that we are free.