



April

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

REGISTER NOW



AARP Driving Safety Class

Date: WEDNESDAY MAY 20 AND THURSDAY MAY 21, 2026

Time: 10:00 AM-2:00 PM both days. This is an 8-hour course in 2 days.

Cost: \$20 for AARP members, \$25 for NON-AARP members.

Payment is due on the day of the class.

Checks are preferred. Make checks out to AARP.

Sign up by: Wednesday MAY 15, 2026/SIGN UP FOR LUNCH

Description: Take the AARP Driver Safety Classroom Course!

Learn proven safety strategies to maintain

your confidence behind the wheel.

*Plus, you could get a great discount of up to 5% depending on your car insurance for 3 years.

(You must consult with your insurance agent)

SUNDAY



APRIL 5TH

Special Events



**Mark
Your
Calendar**
» UPCOMING EVENTS

Join us at The Mon Valley LifeSpan on

Friday April 24th @ 10:30 AM.

It will be extra special as the Clairton Elementary School Choir joins us for a spring performance singing songs from the 50's, 60's and 70's.

Students in 3rd through 5th grade will fill our center with music and energy, creating a beautiful afternoon of connection between generations. It's the perfect way to celebrate the end of April — with smiles, songs, and community.



Let's welcome the Monroeville Choir

to LifeSpan for a special spring performance on

Friday May 1st @ 12:30 PM.

For just \$5 those attending will enjoy a delicious lunch and receive a small favor as part of this special afternoon. It will be a beautiful day of music, connection, and community at LifeSpan. Sign up and pay by Friday April 24th.



McKeesport A Cappella Choir & Show Choir

LIVE PERFORMANCE! Friday May 8th @ 12:30 PM

Join us for an afternoon filled with music,

Fresh popcorn served during the show

Come support the students and celebrate **SPRING!**

YOU DON'T WANT TO MISS THIS!

MORE DETAILS COMING SOON!

FRIDAY MAY 22ND

A performance by the Pittsburgh Ballroom Dancers

@ 12:30 PM Lunch will be served @ 11:30 AM

SAVE THE DATE

WEDNESDAY MAY 27TH: OPEN HOUSE (THEME OUR LOCAL HISTORY)

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

MORE DETAILS COMING SOON!

PICNIC IN THE PARK BINGO!



TICKETS ARE ON SALE NOW!

WE ARE HAVING A PICNIC IN THE PARK ON

THURSDAY JUNE 18, 2026 AT THE BLUE TOP PAVILION.

WE WILL BE ENJOYING A DELICIOUS BOX LUNCH, WHICH WILL INCLUDE

A SLICE OF TRIANGLE BAR HOAGIE, BAG OF CHIPS,

PASTA SALAD, AND FRUIT COCKTAIL.

WE WILL PLAY 6 REGULAR GAMES OF BINGO, 2 SPECIALS AND A

QUICKIE COVERALL STARTING AT 11:00 AM.

THERE WILL BE HORSESHOES, CORNHOLE AND MORE!

FOR \$25 YOU WILL RECEIVE A TREAT BAG, BOX LUNCH,

2 REGULAR BINGO CARDS, 2 SPECIAL CARDS AND A COVERALL.

(ADDITIONAL CARDS ARE \$.50 EACH).

WE WILL HAVE A 50/50 AND CHINESE AUCTION BASKETS!

MEDICONNECT WILL HAVE A TABLE AND A

CHANCE TO WIN A DOOR PRIZE.

DJ MICK WILL BE PLAYING OUR FAVORITE OLDIES AND

DANCE MUSIC FROM 12:30 PM-3:00 PM.



MONDAY ACTIVITIES

April

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



Speakers & Presentations

MEET ALLISON HINDMAN FROM
AMERIHEALTH CARITAS
TO LEARN ABOUT
DIABETES EDUCATION
MONDAY APRIL 6TH @ 10:30 AM

Pitt

PITT UNIVERSITY/MAPS
WILL BE HERE ON
MONDAY APRIL 20, 2026
@ 10:30 AM
GRATITUDE/
SPRING WELLNESS



BANKERSLIFE®

WE BRING THE
RETIREMENT PLANNING
SEMINARS TO YOU

WHAT WE DO
WE PROVIDE FREE EDUCATIONAL SEMINARS FOCUSING
ON ONE OR MORE AREAS OF OUR EXPERTISE. WE PRESENT TO COMMUNITY
GROUPS, NON-PROFIT ORGANIZATIONS AS WELL AS CIVIC GROUPS AND
BUSINESS ASSOCIATIONS.

HOW WE HELP

- MEDICARE PLANNING
- FINAL EXPENSE AND WEALTH TRANSFER PLANNING
- LONG TERM CARE PLANNING
- INVESTMENT PLANNING

WHO WE ARE

- FOUNDED IN 1879, WE ARE 140+ YEARS STRONG
- EXCELLENT RATING BY AM BEST, THE GLOBAL RATING AGENCY FOR
THE INSURANCE INDUSTRY
- BBB ACCREDITED BUSINESS A+ RATING

OUR APPROACH

- TRADITIONAL SERVICE WITH A PERSONAL TOUCH
- OUR KNOWLEDGEABLE LOCAL AGENTS AND ADVISORS DEVELOP A PLAN FOR
RETIREMENT - PROVIDING SECURITY AND PEACE OF MIND

WE ARE FULL SERVICE
RETIREMENT CONSULTANTS

Paul Giannetto
Insurance Agent
410-281-9942
paul.giannetto@bankerslife.com

Nicholas Marino
Financial Advisor, Inc.
410-561-8671
nicholas.marino@bankerslife.com

MONDAY APRIL 13TH
@ 10:45 AM

TUESDAY ACTIVITIES



10:00 AM: CARDIO DRUMMING CLASS

THIS IS A VIRTUAL CLASS.

NEW ROUTINES EVERY WEEK!

JOIN US EVERY TUESDAY IN APRIL

**12:15 PM PLAY PENNY POKENO
(BRING YOUR OWN PENNIES)**



Lou's Art Class TUESDAY

APRIL 14TH AND 28TH

NEW MEMBERS ARE

WELCOME TO JOIN

CLASS STARTS @ 12:30 PM



**DREA WILL BE HERE
TO TALK ABOUT ORAL, HEAD,
AND NECK CANCER**

AND DO A FUN CRAFT

TUESDAY APRIL 7TH @ 11 AM



TUESDAY April 8th @ **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

BLOOD PRESSURE / HEALTH SCREENINGS

COFFEE & COLOR Every Wednesday

9:00 AM-11:00 AM Enjoy a cup of

coffee, light snack+ coloring pages

WEDNESDAY APRIL 1ST @ 10:30 AM

HEALTH SCREENING WITH

DUQUESNE UNIVERSITY



CRAFTS OR COOKING WITH KERRIANNE

JOIN OUR ACTIVITY AIDE KERRIANNE

EVERY WEDNESDAY IN APRIL @ 10:30 AM FOR THE CRAFT OR COOKING

CLASS OF THE WEEK. CHECK THE SIGN UP TABLE WEEKLY !

SOME FEES MAY APPLY FOR MATERIALS AND MUST BE PAID IN ADVANCE.



ACADEMY OF PODIATRY

WILL BE COMING TO LIFESPAN WEDNESDAY APRIL 11TH

@APPROXIMATELY 12:30 PM.

TIME IS SUBJECT TO CHANGE.

THEY WILL PROVIDE ON SITE FOOT CARE;

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

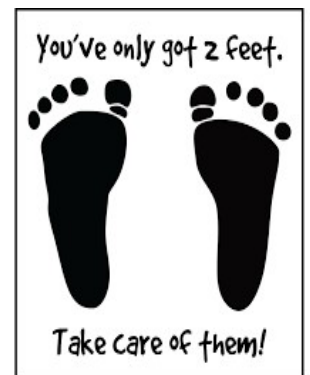
You will need your insurance card, as we do bill insurances.

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.



WACKY WEDNESDAY BINGO

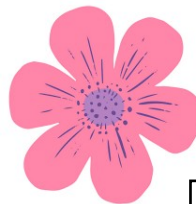
Member Only Bingo

All cards are 25¢ each

5 WACKY Games 2 Specials and 1 Jackpot

WEDNESDAY APRIL 2ND AND 9TH

**WEAR A SHIRT WITH FLOWERS AND BE
ENTERED FOR A CHANCE TO
WIN A DOOR PRIZE**



WEDNESDAY ACTIVITIES

WEDNESDAY APRIL 8TH

FROM 10:00 AM-11:00 AM

BLOOD PRESSURE CHECK

AND HEALTH

EDUCATION WITH

LATTERMAN CLINIC

THURSDAY ACTIVITIES

10:00 AM - 10:45 AM

SAIL Exercise

12:00 PM - 1:30 PM

Member Bingo

All cards are 25¢ each

**Regular Games 2 Specials and 1
Jackpot**



Stay Active
& Independent
for Life (SAIL)



KNITTING/CROCHET CLUB

WILL MEET EVERY

THURSDAY IN APRIL

Time: 11:00 AM - 1:00 PM.

**ENJOY BRAIN HEALTH WITH PITT
ON THURSDAY**

APRIL 2ND @ 10:30 AM

**GILBERT'S FUNERAL HOME AND
CREMATORY, INC WILL VISIT
LIFESPAN THURSDAY**

APRIL 16TH @ 10:30 AM

**ZACHARIA BROWN & BRATKOVICH
AN ESTATE PLANNING ATTORNEY
WILL VISIT LIFESPAN ON
THURSDAY APRIL 23RD @ 10:30 AM
TO DISCUSS POWER OF ATTORNEY,
A LIVING WILL AND LONG TERM CARE
PLANNING GOALS.**

Group Trips w/ OPT



RIVERS CASINO GROUP TRIP:
MONDAY APRIL 27TH
SIGN UP BY MONDAY APRIL 20TH
WILL CALL WITH PICK UP TIMES

RESTAURANT TRIP OF THE MONTH
CALIENTE PIZZA AND DRAFT HOUSE
2125 MOSSIDE BLVD MONROEVILLE, PA 15146
WEDNESDAY APRIL 29TH
SIGN UP BY WEDNESDAY APRIL 22ND
WILL CALL WITH PICK UP TIMES FROM ACCESS

LifeSpan Trip Survey

We are planning upcoming trips and would love your input!

Please circle or write in the trips you would enjoy:

- Casino trips
- Shows or concerts
- Restaurants
- Shopping trips
- Museums
- Seasonal events or festivals
- Sporting events
- Other: _____

Where would you like to go?

How often would you like trips?

- Monthly
- Every few months
- A few times a year

Would you prefer:

- Day trips
- Overnight trips
- Both

Thank you for helping us plan fun trips at LifeSpan!

**TURN YOUR SURVEYS
IN AT THE FRONT DESK
THANK YOU!**





\$1000 BINGO & Lunch

LifeSpan Mon Valley Active Life Center at Olympia

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

Saturday APRIL 18, 2026

\$25.00

Doors Open at 10:00 AM—Bingo starts at 12:00 PM

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



SAVE THE DATE

11th Annual
LifeSpan
Mon Valley
CAR SHOW



Saturday, Sept 26, 2026

12 PM - 4 PM

\$10
Registration
Fee

4313 Walnut Street
McKeesport, PA 15132



Trophies • Music • Food

Rain Date: October 3rd

Ayo: Amy Marcic
412-664-5434

**LET'S GOOOOO!!!!
TIME IS RUNNING OUT!
PUT YOUR DEPOSIT
DOWN NOW!**



MON VALLEY ACTIVE LIFE CENTER PRESENTS...

Mackinac Island, MI

June 21-28, 2026

8 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.

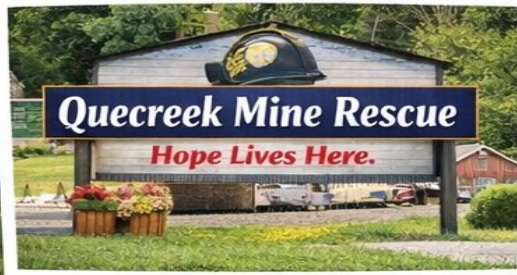
MACKINAC ISLAND

**ONLY 30
SPOTS AVAILABLE**

**SIGN UP AND PAY BY
MONDAY JUNE 1ST!**

**DAY TRIP to
FLIGHT 93 MEMORIAL
QUE CREEK MINE &
GREEN GABLES RESTAURANT
JUNE 10TH**

**\$60
Per Person**



Flight 93 Memorial
Shanksville, PA

Queecreek Mine Rescue
Somerset, PA

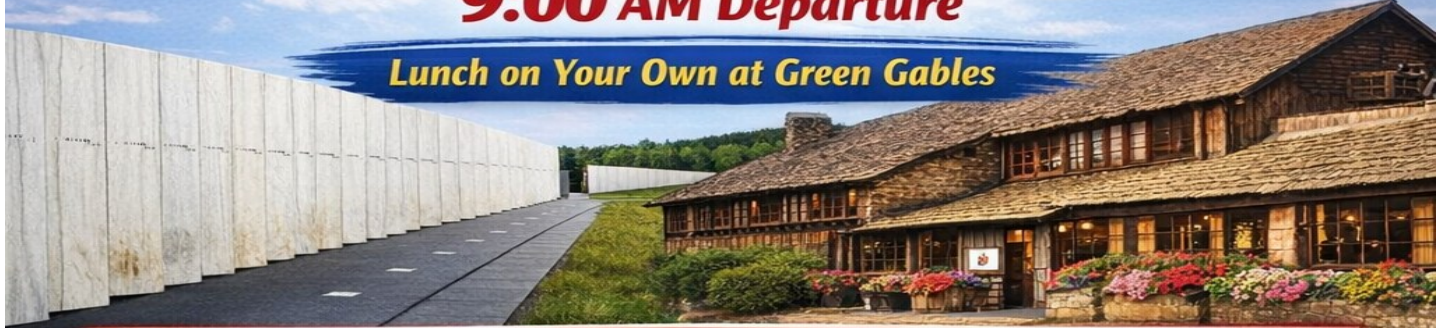
Green Gables Restaurant
Jenners, PA

INCLUDES QUEECREEK MINE ENTRANCE!



Departing from: **LifeSpan,**
4313 Walnut St., McKeesport, PA 15132

9:00 AM Departure

Lunch on Your Own at Green Gables



**RESERVE YOUR SPOT TODAY!
CALL AMY MARCIC TO BOOK:
412-664-5434**

Mon	Tue	Wed	Thu	Fri
 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	 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	1 Crab Cake (1 Crab Cake w/ Cocktail Sauce) 1 C Tossed Salad 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716	2 Stuffed Pepper (1 Piece w/ Shredded Mozzarella) 1/2 C Green Beans 1/2 C Mashed Potatoes WW Bread w/ Margarine 1/2 C Cinnamon Applesauce Cal 659	3 Greek Salad w/Salmon Filet Salad (2 C Romaine Lettuce, 2 Tomato Wedges, 1 Tbsp Feta Cheese, 2 Tbsp Olives) 1 C Garden Vegetable Soup WW Bread w/ Margarine Fresh Orange Cal 761
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	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	8 Chicken Avocado Salad (1/2 C Diced Chicken) Salad (2 C Romaine Lettuce, 2 Tomato Wedges, 2 Tbsp Cukes, 1/4 C Avocado) 1 C Sweet Pepper & Beef Soup WW Bread w/Margarine 1/2 C Tropical Fruit Cal 654	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	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
20 Turkey & Swiss Croissant Sandwich (3 Slices Turkey, 1 Slice Cheese, WG Croissant) 1/2 C Colleslaw 1 C Mediterranean Vegetable Soup 1/2 C Fresh Grapes Cal 630	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	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	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	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
27 Pub Steak Cheesburger (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	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	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	23 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	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
		29 Meatloaf w/Gravy (1 Slice) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine Jello Cal 696	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	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