

www.lifespanpa.org



(412) 664-5434

9:00 AM-3:00 PM

We are a non-profit agency providing critical support and services for Allegheny County residents ages 60 and over. Our programs include Active Life Centers, Meals on Wheels, Care Management and Protective Services.

Located at: 4313 Walnut Street
McKeesport, Pa 15132

Center Supervisor: Amy Marcic
Activity Aide: Kerrienne Troesch

**The Mon Valley LifeSpan Active Life
Center will be closed on
Monday May 25th in observance of
Memorial Day**

Open House

Wednesday May 27th

10:00 AM-2:00 PM

Daily Lunch Service

Lunch is served daily from 11:30 AM-11:45 AM, please arrive on time. Reservations must be made at least 2 days prior on the center's check-in computer before 12:00 Noon. Please call if you need to cancel so someone on the waitlist can eat.

\$2 Suggested Donation

Need a Ride?

Did you know that you can sign up for ACCESS/OPT at LifeSpan? Stop by the office and bring your driver's license or photo ID.

MONDAY'S ACTIVITIES

S.A.I.L. Exercise Class

Every Monday in May
@ 10:00 AM

FREE PROGRAM

Workout with & without chairs, using exercise balls and weights. This program is designed to help you balance & strengthen muscles.



Bingo!

Cards & Games

Join the card club,
play pinochle and/or 500 bid every
Monday 11:00 AM-3:00PM

Wanna play bingo? When you arrive, purchase your cards at the front desk. Package includes 2 hard cards, 3 specials and a jackpot for \$5. Additional cards are \$.50 each

Every Monday
@ 12:15 PM



River's Casino Group Trip

Monday May 18th

Sign up by Monday

May 11th.

Will call with OPT/Access
pickup times

Guest Speakers

MEET ALLISON HINDMAN FROM
AMERIHEALTH CARITAS
MONDAY MAY 4TH @ 10:30 AM
HEALTHY ME, HEALTHY YOU

PITT UNIVERSITY/MAPS
WILL BE HERE ON
MONDAY MAY 11TH
@ 10:30 AM
MENTAL HEALTH AWARENESS

TUESDAY'S ACTIVITIES

Cardio Drumming

Every Tuesday @ 10:00 AM

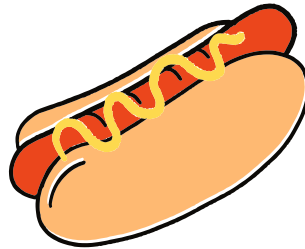


POKENO

Every Tuesday @ 12:15 PM

Advisory Meeting

- Tuesday May 12th @ 12:15 PM
- Help us find new activities and suggestions to improve our center
- All ideas are welcome!
- Earn 1 extra perk on your perk's card for participating
- (bring card)



Use 1 perk for
2 Hot Dogs and a
bag of chips on
Tuesday May 19th
11:30 AM
Sign up by Thursday
May 14th

PERK DAYS

ENJOY A YUMMY BREAKFAST
WITH YOUR PERK CARD ON
TUESDAY May 12TH

@ 9:30 AM

SIGN UP BY FRIDAY MAY 8TH



WEDNESDAY ACTIVITIES



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)

ACADEMY OF PODIATRY

WILL BE COMING TO LIFESPAN

WEDNESDAY May 13th

@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

Wanna play bingo? When you arrive,
purchase your cards at the front
desk. Wednesday is \$.25 bingo. ALL
cards are \$.25 each. We will play 5
regular games, 2 specials and a
jackpot.

Every Wednesday @ 12:15 PM



SAVE THE DATE- Celebrate Older American's Month at The Mon Valley Active Life Center AT OUR OPEN HOUSE

Wednesday May 27th

Visit our local history wall and hear
stories about the past!

9:30 AM Doors Open- Share the Wealth and Auction Basket sales

10:00 AM-2:00 PM- Senior Resource Tables

11:00 AM-12:00 PM- lunch served for those over the age of 60

\$2 suggested donation --must reserve by 5/15/26

*12:30-1:30 PM The Belairs

*entertainment sponsored by Medicconnect

WEDNESDAY ACTIVITIES CONTINUED

on the move

Group Exercise for Improved Mobility in Older Adults®



ON THE MOVE

WALKING CLASS WITH AMY
EVERY WEDNESDAY IN MAY

Time: 9:30 AM-10:30 AM

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

JOIN OUR ACTIVITY AIDE KERRIANNE

EVERY WEDNESDAY IN MAY

@ 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.



PERK DAY

USE 2 PERKS AND
MAKE THIS WATERMELON
CUTTING BOARD ON
WEDNESDAY MAY 20TH

@ 10:30 AM.

SIGN UP BY FRIDAY MAY 15TH
DON'T WANT TO USE YOUR
PERKS, PAY \$8

THURSDAY'S ACTIVITIES



Stay Active
& Independent
for Life (SAIL)

S.A.I.L. Exercise Class

Every Thursday in May
@ 10:00 AM

FREE PROGRAM

Workout with & without chairs, using exercise balls and weights. This program is designed to help you balance & strengthen muscles.



SUMMER KICK-OFF COOKOUT

THURSDAY MAY 14TH

10:00 AM-2:00 PM

HOT DOGS, HAMBURGERS

HOMEMADE MACARONI SALAD

BAKED BEANS, WATERMELON,

ICED TEA, LEMONADE

MUSIC, 50/50

GAMES AND MORE!

\$10/PERSON



Wanna play bingo? When you arrive, purchase your cards at the front desk.

Thursday is \$.25 bingo.

All cards are \$.25 each. We will play 5 regular games, 2 specials and a jackpot.

Every Thursday @ 12:15 PM

HOAGIE/PIZZA FUNDRAISER!
WE ARE SELLING A VARIETY OF
MARIANNA'S HOAGIES AND PIZZAS
FOR \$10 EACH

FORMS ARE AVAILABLE AT THE FRONT DESK
ALL HOAGIES ARE 14 INCH AND
PIZZAS ARE 12 INCH.

ALL THE FRESH HOAGIE TOPPINGS ARE
INDIVIDUALLY VACUUM SEALED
IN EVERY HOAGIE.

TURN IN ALL ORDERS WITH
CASH OR CHECK MADE OUT
TO LIFESPAN BY

MONDAY MAY 26, 2026

PICK UP WILL BE

WEDNESDAY JUNE 03, 2026

AT 1 PM AT THE MON VALLEY LIFESPAN

ANY QUESTIONS ASK

AMY (412) 664-5434

PICNIC IN THE PARK

THURSDAY JUNE 18, 2026

@ The Bluetop pavillion in Renzie Park

\$25 per person

TICKET INCLUDES:

LUNCH: Slice of Triangle Bar hoagie, chips, pasta salad, and fruit

Bingo: 6 regular games, 2 specials,+quickie coverall

Games + Music all day!

Additional cards sold for \$.50 each

DJ Mick will be playing our favorite oldies from 12:30 PM- 3:00 PM

Horseshoes and cornhole available to play all day

50/50 and Chinese Baskets

Be sure to visit our friends from MediConnect at their resource table to win a door prize.



BINGO!



FRIDAY'S ACTIVITIES

Cards & Games

Uno
card game
12:15 PM

on the move

Group Exercise for Improved Mobility in Older Adults®

ON THE MOVE

WALKING CLASS WITH AMY

EVERY FRIDAY IN MAY

Time: 10:00 AM-10:45 AM

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



FRIDAY May 22nd

**Enjoy a performance by the
Pittsburgh Ballroom Dancers**

@ 12:30 PM

**Lunch will be
served @ 11:30 AM**

**A \$2 donation
is suggested
for lunch.**



**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!**

Out of Center Trips



**WEDNESDAY
MAY 20TH.**

**THE DEVIL WEARS PRADA 2
DETAILS COMING SOON.**

**SIGN UP AND PAY BY
WEDNESDAY MAY 13TH
\$10/person**

LET'S EAT OUT

SYLVESTER AND TWEETIE'S

**8800 ROBERTS HOLLOW RD.
ELIZABETH, PA. 15037**

FRIDAY MAY 15TH

**SIGN UP BY
FRIDAY MAY 8TH
WILL CALL WITH PICK UP TIMES
FOR ACCESS**

**ZOO WALK
TUESDAY MAY 13TH
SIGN UP BY WEDNESDAY MAY 6TH
WILL CALL WITH TIMES FOR ACCESS**

**UPMC for LIFE members and one guest can receive
FREE admission to the Pittsburgh Zoo & Aquarium.
Please be ready to show your UPMC for LIFE member
ID card at the admission gate. UPMC Health Plan staff
will be onsite from 8:00 AM-10:00 AM**



**ATTENTION: NO SATURDAY BINGO IN MAY
JOIN US IN JUNE AT LIFESPAN FOR OUR**

INDEPENDENCE DAY BINGO

**Celebrating 250 years of Freedom
with LifeSpan Mon Valley!**

Friday, June 26th, 2026

4313 Walnut St, Suite 370,
McKeesport, PA 15132

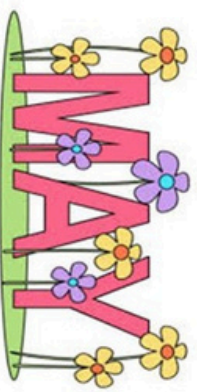
Doors Open 3:00 PM
Bingo begins 5:00 PM


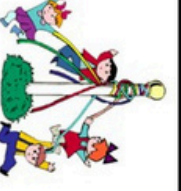
\$30 Regular Games
\$75 Specials
\$300 Mini Jackpot
\$500 Jackpot

Tickets purchased in advance \$30
Tickets purchased at the door \$35
Price includes cards for regular, special,
and mini jackpot games
Jackpot cards will be sold for \$1 each

LifeSpan
YOUR PARTNER IN AGING





Mon	Tue	Wed	Thu	Fri
 4 Meatballs Rosini (3 Meatballs w/Creamy Tomato Sauce) 1/2 C Cauliflower & Peas 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce WW Bread w/Margarine 1/2 C Jello Cal 822	 5 California Turkey Burger (1 Turkey Patty/Cheese/Avocado) 1/2 C Broccoli w/Ranch Dip 1 WW Sandwich Roll 1/2 C Fresh Watermelon Mustard Packet Cal 674	 6 Chicken Carnitas (1/2 C Shredded Chicken) 1/2 C Cabbage Slaw 1/2 C Mexican Rice WW Tortilla, 2 TBSP Salsa 1/2 C Diced Pears Cal 621	 7 Honey Mustard Chicken Salad (1/2 C Diced Chicken) Salad (Lettuce/Tomato/Cucumber) 1 C Zucchini Parmesan Soup 2 SI WW Bread w/Margarine 1/2 C Fresh Apple Slices Honey Mustard Dressing Packet Cal 639	1 Deli Plate (1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Sweet Potato Corn Soup WW Bread w/Margarine 1 SI Pound Cake w/1/4 C Berries Cal 736
11 Orange Pineapple Pork Loins (1 SI Pork, 2 TBSP Sauce, 2 SI Pineapple) 1/2 C Green Beans 1/2 C Baby Baked Potatoes WW Bread 1/2 C Banana Pudding Cal 776	12 Greek Salad w/Salmon (1 Salmon Filet) 2 C Salad (Romaine Lettuce/Tomato/Feta Cheese/Olives) w/Dressing 1 C Garden Veggie Soup WW Bread w/Margarine Fresh Orange Cal 761	13 Crab Cake (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad w/Ranch 1/2 C Macaroni & Shrimp WW Bread w/Margarine 1/2 C Diced Peaches Cal 716	14 Stuffed Pepper (1 Pepper w/Ground Beef & Sauce) 1/2 C Carrots Cal 667 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce	15 Beef Barbacoa (1/2 C Seasoned Beef) 1/2 C Black Beans & Corn Vegetable Blend 1 SS Guacamole 1/2 C Brown Rice 1/2 C Fresh Fruit Salad Cal 600
18 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	19 Sausage & Peppers (1 Link w/Tomato Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 841	20 Chicken Avocado Salad (1/2 C Diced Chicken) 2 C Salad (Let/Tom/ Cukes) w/Dressing Packet 1 C French Onion Soup WW Bread w/Margarine 1/2 C Tropical Soup Cal 634	21 Cheesy Beef Macaroni (1 Cup) 1/4 C Stewed Tomatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Fresh Pineapple Cal 691	22 Vegetable Lasagna (1 Piece Lasagna, Mozz Cheese) 1/2 C Carrot Coins 1 C Tossed Salad w/Ranch Pkt WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 692
25 Centers Closed  Memorial Day	26 Chicken Caesar Salad (3/4 C Grilled Chicken Strips w/Parmesan Cheese) 2 C Romaine Lettuce w/Caesar Salad Dressing 1 C Tomato Soup WW Bread w/Margarine 1/2 C Diced Pineapple Cal 726	27 Stuffed Cabbage (1 Stuffed Cabbage Roll) 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 634	28 Chicken Parmesan (1 Breaded Chicken Breast, Sauce, Mozz Cheese) 1 C Tossed Salad w/Ranch 1/2 C WW Penne w/Sauce ISI Pound Cake w/ 1/4 C Berries Cal 710	29 Pulled Pork (1/2 C Pulled Pork) BBQ Sauce Packet 1/2 C Baked Beans 1/2 C Coleslaw WW Sandwich Roll Cal 805 1/2 C Fresh Apple Slices