



LifeSpan

YOUR PARTNER IN AGING



MAY NEWSLETTER



www.lifespanpa.org

Open House

Tuesday, May 12th, 2026



MAY NEWSLETTER

Steel Valley Active Living Center

530 Miller Avenue (Red Doors)

Clairton, PA 15025

Site Coordinator: Beverly Hogan

Phone: 412-233-4847

Open Monday–Friday, 9:30 AM – 2:00 PM

We are a non-profit agency offering:

Active Life Center , Meals on Wheels,

Care Management , Food Pantry Services





ROYAL GARDEN

SAVE THE DATES

May 5 – Duquesne University A1C
Screenings 11 AM- 1 PM

MAY 6 – CASINO TRIP

MAY 8 – PERK DAY: HOT DOG & SAUSAGE
MEAL SIGN UP & PAY BY MAY 1 (\$5)

MAY 12 – SENIOR CEREMONY

10:30 AM – 12 PM

Lunch at 12 PM

Clairton Elementary performs at 1 PM

May 13 – University of Pittsburgh: Mental
Health Awareness 10:30 AM

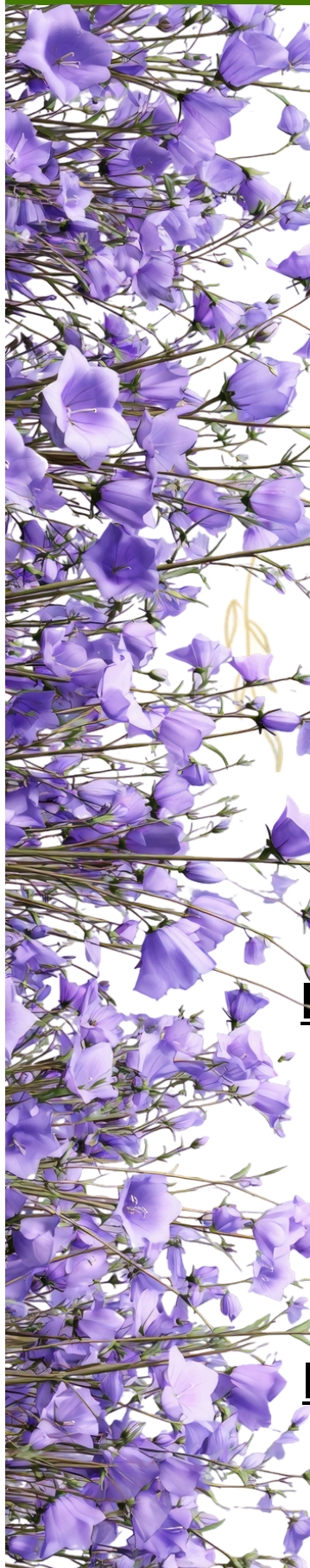
MAY 21 – ADVISORY MEETING

May 22 – Walk-In Taco Day

Sign up & pay by May 15 (\$5)



MAY 25 – CENTER CLOSED FOR MEMORIAL
DAY BE SAFE AND ENJOY YOUR DAY.





DAILY ACTIVITIES

Exercise, Socialization, Music, Word Searches, Coloring, Card Playing, Crafts, Games, Bingo, Laughter, and Lunches.

DAILY HIGHLIGHT: MEMORY GAME OF CHANCE 1 FREE CHANCE DAILY TO PLAY MATCH 2 AND WIN A PRIZE.

SPOT THE DIFERENCE – FIND ADDED ITEMS EACH DAY. FIND THE MOST ITEMS WIN A GIFT.

COMING SOON: 15-MINUTE PIANO LESSONS SIGN UP TO SCHEDULE YOUR TIME.



WEEKLY SPECIALS

Monday — Instructional Pool

Tuesday — Game Day (\$1 Swap-A-Gift, Trivia, and, more)

Wednesday — \$1 Bingo (win up to 5 prizes)

Thursday — Arts & Crafts

Friday — Perk Food Day, Artwork, Puzzles, etc



COMING SOON: CLAIRTON GOES UNDERWATER

Our center decorates with a different theme each month. June will transform into a bright, colorful Underwater Aquarium.



COMMUNITY ROCK HUNT

Starts June 1st Seniors will paint 10 special themed rocks. These rocks will be hidden around Clairto

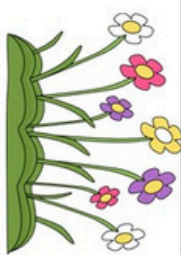




HOW TO PLAY • Find our painted rocks • Bring it to the center • Win a \$10 gift card (10 winners total)

Pick up June's Newsletter to see the rock designs



SUPPORT YOUR SENIORS
DONATIONS WELCOME



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 Sl 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 Sl Pound Cake w/1/4 C Berries Cal 736
11 Orange Pineapple Pork Loin (1 Sl Pork, 2 TBSP Sauce, 2 Sl 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 & Sheddar 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 Barbecoa (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/Onions) 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 1 Sl 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