

LifeSpan

YOUR PARTNER IN AGING

JUNE 2026

IMPERIAL ACTIVE LIFE CENTER



**Imperial Active Life Center
540 Lincoln Drive
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

****Lifespan will be closed on Friday, June 19 in observance of Juneteenth Day**

*****We will be taking shoe orders throughout the month for a free pair of shoes from Samaritan's Feet. Please see Jackie or Carole for information. If you would like to order a pair we can assist with that.**

SUMMER PARTY

COME JOIN US FOR SOME SUMMERTIME FUN. GAMES, REFRESHMENTS, 50/50 AND MORE. MEET NEW FRIENDS AND CELEBRATE THE SUMMER MONTHS.

LUNCH: MEATBALL SANDWICH, SEASONED BABY BAKED POTATOES, GARLIC GREEN BEANS AND DESSERT. MUST SIGN UP IF YOU WANT LUNCH. COST IS \$5.00 EACH. PERKS CARD HOLDERS \$2.00 EACH. MUST SIGN UP NO LATER THAN JUNE 5TH !!!!

MONDAY

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

Bingo w/a stretch 12pm
Mahjong 1pm



SPECIAL MONDAYS

AMERIHEALTH CARITAS
PRESENTATION ON
"DIABETES" AT 10:30AM

TUESDAY

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

Strength&Balance 10am
Euchre 11:00am
Bunco 12:00pm

SPECIAL TUESDAYS

June 16: Life Skills
Presentation with Heidi at
10:30am

*****June 16:** CPR Training with
American Red Cross at
10:00am

June 23: Tech Tutoring 1pm-
3pm. Please sign up for your
time slot.

*****June 30:** Medi-Connect.
Evening Medicare Seminar
from 6pm-8pm. Will have
information for you and
answer questions you might
have. Please sign up if
interested.

Wednesday

Pa Fitness 9am-3pm

Puzzle Pals 9am-3pm

Ping Pong 9am-3pm

Line Dancing 9:15am

Rummikub 12pm

Bridge 1:00pm

(experienced players
Only)



Thursday

Pa Fitness 9am-3pm

Puzzle Pals 9am-3pm

Ping Pong 9am-3pm

Cardio Drumming 10am

500 Bid 10:30am

(Experienced players
only)



SPECIAL WEDNESDAYS

**ADVISORY
COMMITTEE
MEETING JUNE 10
@ 10:00AM**

**LET YOUR VOICES BE
HEARD. ALL ARE
WELCOME TO JOIN
THE MEETING**

FRIDAY

Pa Fitness 9am-3pm

Puzzle Pals 9am-3pm

Ping Pong 9am-3pm



Game Day 10am

Stepping to the Beat 12pm

Tai-Chi 1pm

SPECIAL FRIDAYS

***** JUNE 12TH - LUNCH**

**OUTING WILL BE AT THE
DOWNEY HOUSE. MEET AT
11:30AM**

HAPPY BIRTHDAY TO ALL OF OUR
JUNE "BABIES"



****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 IN THE EVENT IT SHOULD
HAPPEN**

SUMMER PARTY

******June 16th 10am-2pm**

DON'T FORGET TO SIGN UP. WE HAVE GAMES, 50/50, BASKET RAFFLE, CPR TRAINING, A LIFE SKILLS PRESENTATION AND MUCH MORE!! CPR TRAINING STARTS AT 10AM. DEADLINE TO SIGN UP FOR THE PARTY WILL BE JUNE 5TH.





CONGREGATE MEAL MENU June 2026

June 1

**Turkey & Swiss
Croissant Sandwich**
Coleslaw
Mediterranean Vegetable
Soup
Fresh Grapes

June 2

Korean BBQ Beef
Stir-Fried Vegetables
Vegetable Fried Rice
Bread w/Margarine
Fresh Orange

June 3

**Broccoli Cheese
Stuffed Chicken**
Peas & Pearl Onions
Mashed Potatoes
Bread w/Margarine
Chocolate Pudding

June 4

Meatball Stroganoff
Carrots
Buttered Egg Noodles
Applesauce

June 5

**Baked Three Cheese
Pasta Florentine**
Italian Normandy Blend
Garlic Breadstick
Mixed Fruit

June 8

Pub Steak Cheeseburger
w/Sandwich Roll
Broccoli w/Ranch dip
Baked Beans
Fresh Appel

June 9

BBQ Chicken
Sauteed Greens
Buttered Chuckwagon Corn
Bread
Diced Pears

June 10

Deli Plate
Sweet Potato Corn Soup
Bread w/Margarine
Pound Cake w/Berries

June 11

Lemon Dill Grilled Chicken
Italian Vegetable Blend
Buttered Brown Rice
Bread w/Margarine
Fresh Fruit Salad

June 12

Meatloaf w/Gravy
Mashed Potatoes
Peas & Carrots
Brean w/Margarine
Jell-O

June 15

Meatballs Rosini
Cauliflower & Peas
Tossed Salad w/Dressing
Penne w/Sauce
Bread w/Margarine
Jell-O

June 16

California Turkey Burger
w/Sandwich Roll
Broccoli w/Ranch Dip
Watermelon

June 17

Chicken Carnitas
Cabbage Slaw
Mexican Rice
Tortilla
Salsa
Diced Pears

June 18

**Honey Mustard Chicken
Salad**
Zucchini Parmesan Soup
Bread w/Margarine
Fresh Apple Slices

June 19

Sorry we're
CLOSED

June 22

**Orange Pineapple Pork
Loin**
Green Beans
Baby Baked Potatoes
Bread
Banana Pudding

June 23

Greek Salad w/Salmon
Garden Veggie Soup
Bread w/Margarine
Fresh Orange

June 24

Crab Cake
Tossed Salad w/Ranch
Macaroni & Cheese
Bread w/Margarine
Diced Peaches

June 25

Stuffed Pepper
Carrots
Mashed Potatoes
Bread w/Margarine
Cinnamon Applesauce

June 26

Beef Barbacoa
Black Beans & Corn
Vegetable Blend
Guacamole
Brown Rice Fresh
Fruit Salad

June 29

Raspberry BBQ Chicken
w/Sandwich Roll
Broccoli & Cauliflower
Roasted Sweet Potatoes
Oatmeal Cookie

June 30

Sausage and Peppers
Diced Potatoes
Peppers & Onions
Hoagie Roll
Jell-O

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.

