

[www.lifespanpa.org](http://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

**REMINDER:**  
**MARIANNA HOAGIE/PIZZA**  
**FUNDRAISER PICK-UP IS WEDNESDAY**  
**JUNE 3<sup>RD</sup> AT 1:00 PM.**  
**THANK YOU FOR YOUR SUPPORT!**

### **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.

**The Mon Valley LifeSpan**  
**Active Life Center will be**  
**closed on**  
**Friday June 19<sup>th</sup> in**  
**observance of Juneteenth**



# 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!*



**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**

## Cards & Games

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



## River's Casino Group Trip

**Monday June 29th**

**Sign up by Monday**

**June 22nd.**

**Will call with OPT/Access  
pickup times**

## Guest Speakers

**PITT UNIVERSITY/MAPS**

**WILL BE HERE ON**

**MONDAY JUNE 8TH**

**@ 10:30 AM**

**ENJOY A POPSICLE WHILE LEARNING  
HOW TO STAY COOL AND HYDRATED**

**MELANIE IS BACK FROM**

**ZACHARIA BROWN & BRATKOVICH**

**AN ESTATE PLANNING ATTORNEY**

**SHE WILL VISIT LIFESPAN ON**

**MONDAY JUNE 22ND @ 10:30 AM**

**TO DISCUSS POWER OF ATTORNEY,  
A LIVING WILL AND LONG TERM CARE  
PLANNING GOALS.**

# TUESDAY'S ACTIVITIES

## Cardio Drumming

Every Tuesday @ 10:00 AM



## POKENO

Every Tuesday @ 12:15 PM

## Advisory Meeting

- Tuesday June 9th @ 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)



**INTERESTED IN A FREE PHONE?  
FERNAND VERNETA WILL BE  
AT LIFESPAN ON TUESDAY  
JUNE 9<sup>TH</sup> @ 10:00 AM  
BRING PROOF OF INCOME  
AND IDENTIFICATION**



**TAKE A TRIP TO  
THE OAKMONT BAKERY  
ON TUESDAY JUNE 30TH  
SIGN UP BY TUESDAY JUNE 23RD  
WILL CALL WITH PICK UP TIMES**

**Lou's Art Class TUESDAY  
JUNE 9<sup>TH</sup> AND 23<sup>RD</sup>  
NEW MEMBERS ARE  
WELCOME TO JOIN  
CLASS STARTS @ 12:30 PM  
Instructor: Lou Romanchak**

# WEDNESDAY ACTIVITIES



## Blood Pressure/Health Screenings

**DR. MARIE ANSAY FROM LATTERMAN CLINIC  
WILL BE AT THE MON VALLEY LIFESPAN ON  
WEDNESDAY JUNE 17<sup>TH</sup>  
FROM 10:00 AM-12:00 PM  
TO PROVIDE BLOOD PRESSURE CHECKS**

**ACADEMY OF PODIATRY  
WILL BE COMING TO LIFESPAN  
WEDNESDAY JUNE 10<sup>TH</sup>  
@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**



**JOIN OUR ACTIVITY AIDE  
KERRIANNE**

**SELECTED WEDNESDAYS IN  
JUNE @ 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.**



**COFFEE & COLOR & CONVERSATION**

**Every Wednesday**

**9:00 AM-11:00 AM**

**Enjoy a cup of coffee,  
light snack+ coloring pages**

**SAVE THESE DATES FOR  
DUQUESNE UNIVERSITY  
SUMMER VISITS  
AT LIFESPAN**



**6/3/26- 10:00 AM-2:00 PM**

**Free Rapid AIC Screenings**

**7/8/26- 10:00 AM-2:00 PM**

**Health Education**

**8/5/26- 10:30 AM-2:00 PM**

**Health Screenings**

# THURSDAY'S ACTIVITIES



**Stay Active  
& Independent  
for Life (SAIL)**

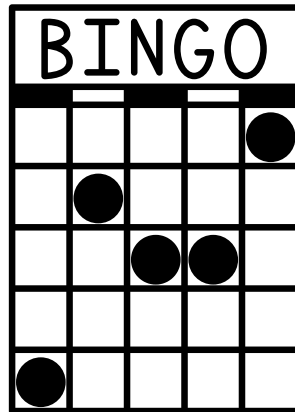
## S.A.I.L. Exercise Class

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.

**KNITTING/CROCHET  
DIAMOND ART CLUB  
MEETS EVERY  
THURSDAY IN JUNE  
11:00 AM - 1:00 PM.**



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

**HAPPY BIRTHDAY!  
IF YOUR BIRTHDAY IS IN  
APRIL, MAY OR JUNE  
YOU AND A GUEST ARE INVITED  
TO ENJOY A PIECE OF CAKE  
AND AN ICE CREAM CUP ON  
THURSDAY JUNE 25TH @ 12:00 PM  
SIGN UP BY WEDNESDAY JUNE 17TH  
THIS IS A FREE EVENT!**



*Come and join us for a*

## *Winery Tour*

*DATE: Wednesday, June 24th  
TIME: 11:00 AM  
PRICE: \$35 per person*

*Take a trip to Narcisi Winery!  
Includes a private tasting of six  
wines, tour of the vineyards,  
fermentation room, and a  
complimentary engraved  
Narcisi glass.*

*Afterwards, choose to visit the  
winery's restaurant for lunch.  
(not included)*



**Spaghetti Dinner!**  
Proceeds Benefit Mon Valley LifeSpan!  
**Friday, June 12**  
11 AM - 7 PM  
**\$12**

Includes: Spaghetti, Meatballs, Salad, Bread & Dessert!

Olympia Shopping Center  
4313 Walnut St., McKeesport, PA 15132

For Info: Call Amy Marcic  
412-664-5434

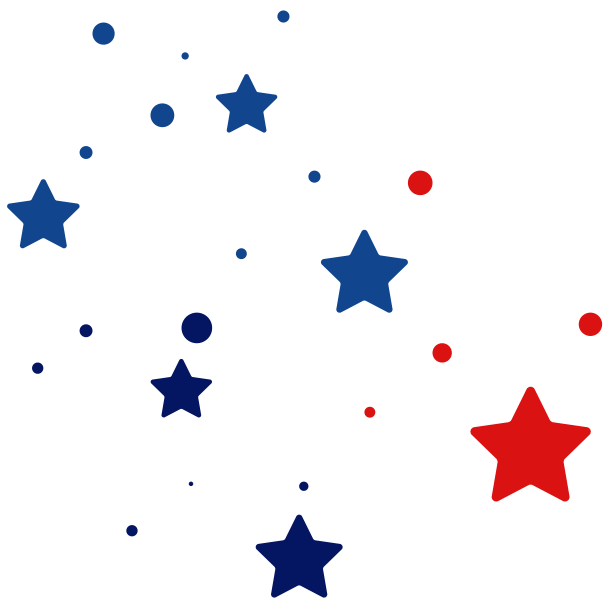
**\$50/50\$ DRAWING!**

# FRIDAY'S ACTIVITIES

## Cards & Games

**Uno  
card game  
12:15 PM**

**We are accepting  
donations for the  
INDEPENDENCE DAY  
BINGO ON FRIDAY JUNE 26TH  
MAKE A BASKET AND RECEIVE  
A FREE PERK OR  
DONATE ITEMS FOR A BASKET**



## onthe**move**

Group Exercise for Improved Mobility in Older Adults®

**ON THE MOVE**

**WALKING CLASS WITH AMY  
FRIDAY JUNE 5<sup>TH</sup> AND 26<sup>TH</sup> ONLY**

**Time: 10:00 AM-10:45 AM**

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



**We are accepting  
gift basket  
donations  
for our  
CAR SHOW ON  
SATURDAY SEPT. 26TH  
ANY NEW OR SLIGHTLY  
USED ITEMS ARE  
APPRECIATED**

# Out of Center Trips



## LET'S EAT OUT @ DICK'S DINER

**TUESDAY JUNE 23RD  
SIGN UP BY  
TUESDAY JUNE 16TH  
WILL CALL WITH PICK UP TIMES  
FOR ACCESS**

**Destination: Pittsburgh Botanic Garden**

**Address: 799 Pinkerton Run Road**

**Pittsburgh, PA 15071**

**Date: Tuesday June 16, 2026**

**Sign up by: Tuesday June 9, 2026**

**Description: You and a guest can receive**

**FREE admission to the Garden**

**if you are a UPMC for LIFE MEMBER.**

**Please be ready to present your member**

**ID card at check-in.**

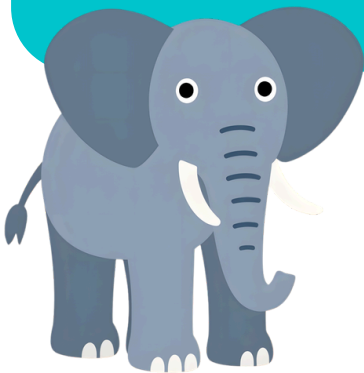
**Time TBD by Access**

**\*Both you and your guest must be registered  
with OPT or Access.**

### ZOO WALK

**WEDNESDAY JUNE 10 TH OR JUNE 24TH  
SIGN UP BY WEDNESDAY  
JUNE 4 TH AND JUNE 18 TH  
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**



**UPMC for Life**  
UPMC Health Plan Medicare Program

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

# **INDEPENDENCE DAY BINGO**

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

**Friday, June 26<sup>th</sup>, 2026**

4313 Walnut St, Suite 370,  
McKeesport, PA 15132

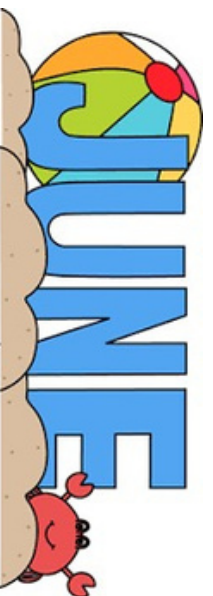
Doors Open 3:00 PM  
Bingo begins 5:00 PM


\$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
<p><b>1 Turkey&amp;SwissCroissant Sandwich</b>(3 SlicesTurkey, 1 SliceCheese) 1/2 C Coleslaw 1 C Mediterranean Veg Soup WG Sandwich Roll w/Mustard 1/2 C Fresh Grapes Cal 640</p>	<p><b>2 KoreanBeefBBQ</b> (3/4CupBeefStrips) 1/2CStirFriedVegetables 1/2CVegetableFriedRice WW/Breadw/Margarine FreshOrange Cal 611</p>	<p><b>3 BroccoliCheeseStuffed Chicken</b> (1 StuffedBreast) 1/2CPeas&amp;PearlOnions 1/2 CMashed Potatoes WW/Breadw/Margarine 1/2CCocolatePudding Cal 778</p>	<p><b>4 MeatballsStroganoff</b> (3Meatballs, 1/4CSauce) 1/2 C Carrots 1/2CButteredEggNoodles 1/2 C Applesauce Cal 657</p>	<p><b>5 Baked3CheesePasta Florentine</b>(1 C3CheesePasta w/Spinach) 1/2CItalianNormandyBlend 1 Garlic Breadstick 1/2 C Mixed Fruit Cal 631</p>
<p><b>8 Pub Steak Cheeseburger</b> (1BeefPatty, 1SliceCheese) 1/2CBroccoliw/Ranch Dip 1/2 CBaked Beans WW SandwichRoll Fresh Apple Cal 899</p>	<p><b>9 BBQ Chicken</b> (1 Chickenbreast, BBQ Sauce) 1/2 CSauteed Greens 1/2CButteredChuckwagon Com WW Bread 1/2 CDiced Pears Cal 622</p>	<p><b>10 Deli Plate</b> (1/4 C Tuna Salad &amp; 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</p>	<p><b>11 Lemon Dill Grilled Chicken</b> (1 GrilledChickenBreast, 1/4 C Sauce) 1/2 C Italian Vegetable Blend 1/2 C Buttered Brown Rice WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 604</p>	<p><b>12 Meatloaf w/Gravy</b> (1 Slice Meatloaf w/ Gravy) 1/2 CMashed Potatoes 1/2 CPeas&amp;Carrots WW/Breadw/Margarine 1/2 CJello Cal 696</p>
<p><b>15 Meatballs Rosini</b> (3) Meatballs w/CreamyTomatoSauce) 1/2 Cauliflower &amp; Peas 1 C Tossed Salad w/Dressing 1/2 C Penne w/Sauce WW Bread w/Margarine 1/2 C Jello Cal 822</p>	<p><b>16 California Turkey Burger</b> (1 Turkey Patty/Cheese/Avocado) 1/2 C Broccoli w/Ranch Dip WW Sandwich Roll Mustard Packet 1/2 C Fresh Watermelon Cal 674</p>	<p><b>17 Chicken Carnitas</b> (1/2CShredded Chicken) 1/2 C Cabbage Slaw 1/2 C Mexican Rice WW Tortilla - 2 TBSP Salsa 1/2 C Diced Pears Cal 621</p>	<p><b>18 PICNIC IN THE PARK!</b></p>	<p><b>19 Centers Closed</b></p> 
<p><b>22 Orange Pineapple Pork Loin</b> (1 Slice Pork, 2 TBSP Sauce, 2 Slices Pineapple) 1/2 C Green Beans 1/2 CBabyBaked Potatoes WW Bread 1/2 CBananaPudding Cal 776</p>	<p><b>23 Greek Salad w/Salmon</b> (1 SalmonFilet) 2 C Salad (Romaine Lettuce/Tomato/Feta Cheese/Olives) w/Dressing 1 C Garden Veggie Soup WW Bread w/Margarine Fresh Orange Cal 761</p>	<p><b>24 Crab Cake</b> (1 Crab Cake w/Cocktail Sauce) 1CTossedSaladw/Ranch 1/2CMacaroni&amp;Cheese WW/Breadw/Margarine 1/2 CDiced Peaches Cal 716</p>	<p><b>25 Stuffed Pepper</b> (1 Stuffed Pepper w/Ground Beef and Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C CinnamonApplesauce Cal 667</p>	<p><b>26 Beef Barbacoa</b> (1/2 Cup Shredded Beef) 1/2 C Black Beans &amp; Corn Vegetable Blend 1 SS Guacamole 1/2 C Brown Rice 1/2 C Fresh Fruit Salad Cal 600</p>
<p><b>29 Raspberry BBQChicken</b> (1 Grilled Chicken Breast) 1/2 C Broccoli &amp; Cauliflower 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1 Oatmeal Cookie Cal 633</p>	<p><b>30 Sausage &amp; Peppers</b> (1 Sausage Link w/Tom Sauce) 1/2 C Diced Potatoes 1/2 C Peppers &amp; Onions WG Hoagie Roll 1/2 C Jello Cal 841</p>	