

CLAIRTON GOES TO



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**



HAWAII



SAVE THE DATES

JUNE 02 – Duquesne University
A1C Screenings 11 AM- 1 PM

JUNE 03– HEART DISEASE & STROKE PREVENTION
10:30AM

JUNE 10– RIVERS CASINO TRIP
REGISTER BY JUNE 03



JUNE 10 – UNIVERSITY OF PITTSBURGH:
CELINA : STAY HYDRATED @ 10:30AM

JUNE 11 - MENTAL HEALTH AWARENESS EVENT
LOT NEXT TO LIVINGSTON PHARMACY 2:00PM-6:00PM

JUNE 15 – EXERCISE WITH DIANA
10:00 AM – 11:30 AM

CONTINENTAL BREAKFAST 9:30AM

JUNE 18 – ADVISORY MEETING 12:30PM

JUNE 19TH– CLOSED JUNETEENTH





DAILY ACTIVITIES



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

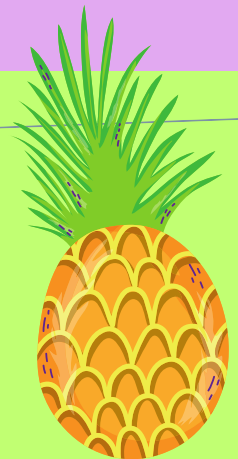
DAILY HIGHLIGHT: MEMORY GAME OF CHANCE 1 FREE CHANCE DAILY TO PLAY MATCH 2 AND WIN A PRIZE.

SPOT THE DIFFERENCE – 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 JULY PICNIC MONTH

July will transform into a bright, colorful garden.



COMMUNITY ROCK HUNT

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

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

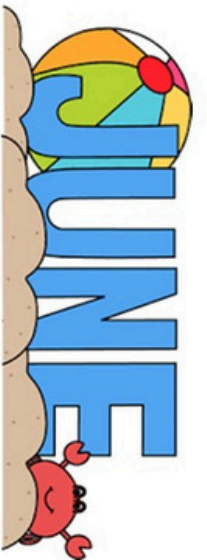
Pick up June's Newsletter to see the rock designs

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SUPPORT YOUR SENIORS

DONATIONS WELCOME





Mon	Tue	Wed	Thu	Fri
<p>1 Turkey & Swiss Croissant Sandwich(3 Slices Turkey, 1 Slice Cheese) 1/2 C Coleslaw 1 C Mediterranean Veg Soup WG Sandwich Roll w/Mustard 1/2 C Fresh Grapes Cal 640</p>	<p>2 Korean Beef BBQ (3/4 Cup Beef Strips) 1/2 C Stir Fried Vegetables 1/2 C Vegetable Fried Rice WW Bread w/Margarine Fresh Orange Cal 611</p>	<p>3 Broccoli Cheese Stuffed Chicken (1 Stuffed Breast) 1/2 C Peas & Pearl Onions 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 778</p>	<p>4 Meatballs Stroganoff (3 Meatballs, 1/4 C Sauce) 1/2 C Carrots 1/2 C Buttered Egg Noodles 1/2 C Applesauce Cal 657</p>	<p>5 Baked 3 Cheese Pasta Florentine(1 C 3 Cheese Pasta w/Spinach) 1/2 C Italian Normandy Blend 1 Garlic Breadstick 1/2 C Mixed Fruit Cal 631</p>
<p>8 Pub Steak Cheesburger (1 Beef Patty, 1 Slice Cheese) 1/2 C Broccoli w/Ranch Dip 1/2 C Baked Beans WW Sandwich Roll Fresh Apple Cal 899</p>	<p>9 BBQ Chicken (1 Chicken breast, BBQ Sauce) 1/2 C Sautéed Greens 1/2 C Buttered Chuckwagon Corn WW Bread 1/2 C Diced Peas Cal 622</p>	<p>10 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</p>	<p>11 Lemon Dill Grilled Chicken (1 Grilled Chicken Breast, 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>12 Meatloaf w/Gravy (1 Slice Meatloaf w/ Gravy) 1/2 C Mashed Potatoes 1/2 C Peas & Carrots WW Bread w/Margarine 1/2 C Jello Cal 696</p>
<p>15 Meatballs Rosini (3 Meatballs w/Creamy Tomato Sauce) 1/2 Cauliflower & 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>16 California Turkey Burger (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>17 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 Peas Cal 621</p>	<p>18 Honey Mustard Chicken Salad (1/2 C Diced Chicken) Salad (Let/Tom/Cucumber) 1 C Zucchini Pappasou Soup 2 SI WW Bread w/Margarine 1/2 C Fresh Apple Slices Honey Mustard Dressing Pkt Cal 639</p>	<p>19 Centers Closed </p>
<p>22 Orange Pineapple Pork Loaf (1 Slice Pork, 2 TBSP Sauce, 2 Slices Pineapple) 1/2 C Green Beans 1/2 C Baby Baked Potatoes WW Bread 1/2 C Banana Pudding Cal 776</p>	<p>23 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</p>	<p>24 Crab Cake (1 Crab Cake w/Cocktail Sauce) 1 C Tossed Salad w/Ranch 1/2 C Macaroni & Cheese WW Bread w/Margarine 1/2 C Diced Peaches Cal 716</p>	<p>25 Stuffed Pepper (1 Stuffed Pepper w/Ground Beef and Sauce) 1/2 C Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine 1/2 C Cinnamon Applesauce Cal 667</p>	<p>26 Beef Barbecoa (1/2 Cup Shredded 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</p>
<p>29 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</p>	<p>30 Sausage & Peppers (1 Sausage Link w/Tom Sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions WG Hoagie Roll 1/2 C Jello Cal 841</p>	