

JULY 2024

IMPERIAL NEWSLETTER

Life *Span*

IMPERIAL SENIOR RESOURCE CENTER

MONDAY-FRIDAY : 8:30AM-4PM

540 PENN LINCOLN DR., IMPERIAL, PA 15126

724-218-1669

WWW.LIFESPANPA.ORG

We will be CLOSED
THURSDAY, JULY 4th,
in celebration of
Independence Day!



SPECIAL HAPPENINGS

LUNCH OUTING:



PLAZA AZTECA
RESTAURANTES MEXICANOS

Robinson Township

Thursday, July 11th @ 11:30AM

Sign up by 7/8

Need a ride with ACCESS? Let us know by 7/2 [Must already be registered w/ACCESS/OPT]

DR. HESS, FOOT DOCTOR

Monday, July 29th
11:00AM

Sign-up not required but appreciated!
(Fee Applies)



BLOOD PRESSURE TESTING:

Monday, July 15th
from 10:00AM - 11:30AM

ADVISORY COUNCIL MEETING

Wednesday, July 10th @
10:00AM



ICE CREAM SOCIAL!

Tuesday July 16th @
12:30PM!



**MARK YOUR
CALENDARS!**

**YOU'RE INVITED TO
IMPERIAL LIFESPAN'S**



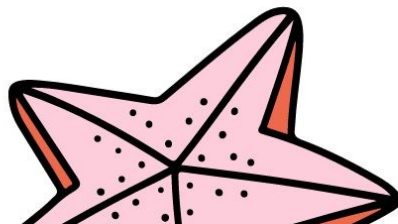
SUMMER PARTY!

MORE INFORMATION TBD



AUGUST 9TH

**540 PENN LINCOLN DR.
IMPERIAL, PA 15126**



STRENGTH/ BALANCE EXERCISE: Tuesdays @ 10AM

LINE DANCE: Wednesdays @ 9AM



KNIT & CROCHET: Wednesdays @ 1PM

OPERA CLASS: Wednesdays @ 3PM

Learn some unique facts and storylines about various operas.

TECH TUTORING

Wednesday, July 24th [Individual 1/2 hour sessions @ 1, 1:30, 2, 2:30 PM]

Get one-on-one help with your computer, cell phone, laptop, tablet or Kindle

Sign-up in advance is required.

GERMAN: Thursdays @ 10:30AM

Learn the language & interesting facts about the culture of the country!

SPANISH: Thursdays @ 12:30PM

NOTE: PROGRAMS & ACTIVITIES

may be cancelled due to insufficient sign-up or inclement weather.

CARDS & GAMES*

Something for everyone!

- * Most games [except Bingo & Rummikub] have limited sign ups, which are required in advance.
- * Experience levels vary depending on the game.
- * Check with center for costs, dates & other details.

BINGO Mondays at noon

Try to bring \$1 bills. \$20 bills not accepted.



BRIDGE Mondays at noon



BUNCO Tuesdays at noon

No limit. All are welcome, even if you've never played before!

EUCHRE Tuesdays at 11:30AM

Limited sign ups. Experienced players.

RUMMIKUB Wednesdays at noon

No limit. All are welcome, even if you've never played before!



500 BID Thursdays at 11:30AM

Limited sign ups. Experienced players.

WEEK DAY LUNCHES!



LUNCH is served M-F at 11:30am!

[See the entire month's menu at the back of the newsletter.]

When the center is open, we offer a tasty, well-balanced lunch at 11:30am in a group setting for a suggested donation of just \$2.00!

Please sign up by 10:30 TWO days before you'd like to come in! You can sign up at the center or give us a call!

[Note: Special meals and holiday schedules, may require signing up more than 2 days in advance]



CLOSURES & DELAYS

Just a reminder, please be aware that you can check for LifeSpan delays & closings on WTAE and KDKA news [it scrolls across the bottom of the page]. You can also get this info on wtae.com: View CLOSINGS at the top of the page.

NOTE: If you signed up to attend lunch or another event & included your phone number on the sign-up page, we will make our best attempt to reach you if the event is cancelled or the center is closed.

VOLUNTEERS!



WE NEED YOU!

Please share your time to keep our senior center running smoothly! We need help all over the center! Please visit the center, or give us a call, if you are interested!

A special *THANK YOU* to our current volunteers!
We can't do it without you!



4th of July Word Search



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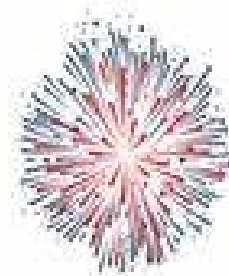
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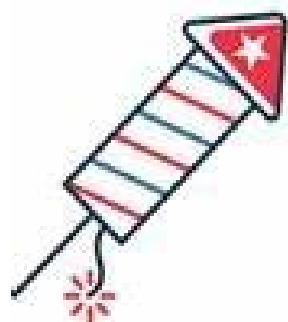
L C V R J U L Y

T S I T

BARBECUE
REMEMBER
BRAVE
REVOLUTION
NATION
INDEPENDENCE

FIREWORKS
LIBERTY
DECLARATION
PATRIOTIC
JULY

FLAG
STARS
JULY
COLONIES
STATES








Mon

Tue

Wed

Thu

Fri

<p>1 Chicken Filet Parmesan (1 chicken breast) 1 C Zucchini Parmesan Soup 1/2 C WG Penne w/Sauce 1 1/4 C Strawberry Spinach Salad w/Dressing Cal 644 Chocolate Chip Cookie</p>	<p>2 Herb Baked Salmon (1 Filet) 1/2 C Scalloped Potatoes 1/2 C Roasted Brussels Sprouts WW Bread w/Margarine 1/2 C Chocolate Pudding</p>	<p>3 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz. Ham Salad) 1/2 C Broccoli Slaw 1/2 C Fresh Grapes Cal 712</p>	<p>4 Centers Closed </p>	<p>5 Pub Steakburger w/Cheese (1 Beef Patty, 1 slice cheese & WW Sandwich Roll) 1/2 C Carrots w/Ranch Dip 1 C Stuffed Pepper Soup Ketchup Cal 896 1/2 C Chocolate Pudding</p>
<p>8 Mojo Marinated Cod (1 Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Clementine Cal 686</p>	<p>9 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 C Creamy Spinach Orzo Pasta 1/2 C Diced Mango, Sugar Cookie Cal 720</p>	<p>10 Italian Sub (1/4 Sub Roll w/3 Oz Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple Cal 627</p>	<p>11 Petite Tenderloin Medallions Au Jus (3 Oz Beef) 1/2 C Mashed Potatoes 1/2 C Beets WW Bread w/Margarine Fresh Pear Chocolate Chip Cookie Cal 790</p>	<p>12 BirthDay Menu Stuffed Pepper (1 Pepper w/ Meat Sauce) 1/2 C Steamed Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake Cal 771</p>
<p>15 Sausage and Peppers (4 Oz Link w/Tomato Sauce) WG Hoagie Roll Cal 860 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1/2 C Fresh Fruit Salad</p>	<p>16 Firehouse Chili (1C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Cantaloupe Cal 656</p>	<p>17 Classic Cobb Salad (3 Oz Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine Fresh Orange Cal 628</p>	<p>18 Stuffed Cabbage Roll (1 Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yoghurt w/ 1/4 C Berries Cal 619</p>	<p>19 Chicken w/Gravy (1 Chicken Breast) 1 C Normandy Vegetable Blend 1/2 C Buttered Penne 1/2 C Apple Slices Chocolate Chip Cookie Cal 612</p>
<p>22 Swiss Steak (3 Oz Beef Patty) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear</p>	<p>23 Meatloaf w/Gravy (1 Slice) 1/2 Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine Banana Bread Cal 736</p>	<p>24 BBQ Turkey Flatbread (Flatbread w/ 2 Oz Turkey/1 Oz Cheese) 1/2 C Potato Salad 1/2 C Fresh Cantaloupe Cal 668</p>	<p>25 Chicken Cordon Bleu 1/2 C Carrots 1 C Butternut Squash Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 947</p>	<p>26 Beef Stroganoff (1 Cup) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Buttered Rotini Cal 726 Pound Cake w/Strawberries</p>
<p>29 Orange Chicken (3/4 C Diced Chicken) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice 2 Slices WW Bread 1/2 C Diced Pineapple Cal 676</p>	<p>30 Penne w/Meatballs (1/2 C Penne w/Marinara Sauce and 2 Meatballs) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Jello Cal 712</p>	<p>31 Chicken BLT Salad (3/4 C Diced Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 695</p>	<p></p>	<p></p>