



Resources and Services for Seniors

Accredited by



National Institute of Senior Centers

MON VALLEY HOURS OF OPERATION

Monday-Friday 8:30 AM TO 4:00 PM

(412) 664-5434

4313 WALNUT STREET McKeesport, PA 15132

Amy Marcic (Center Supervisor)



THE MON VALLEY LIFESPAN WILL BE CLOSED ON

THURSDAY

07/04/24

IN OBSERVANCE OF

INDEPENDENCE DAY

WE WILL RESUME NORMAL HOURS ON

FRIDAY 07/05/24 AT 8:30 AM





PLEASE Bring a \$5 gift for our gift exchange



HAVE YOU BEEN NAUGHTY OR NICE?

SANTA KNOWS!

SO YOU BETTER JOIN US ON

THURSDAY 07/25/24 \$15

SIGN UP AND PAY BY WEDNESDAY 07/17/24

FOR THE CHRISTMAS IN JULY PARTY

LUNCH WILL BE SERVED AT 11 AM

VAUGH HUDSPATH WILL BE PERFORMING AT 12 PM

APPETIZER

STUFFED CHICKEN BREAST

PARSLIED POTATOES

WHOLE WHEAT BREAD W/MARGARINE

FRESH FRUIT SALAD

VOLUNTEER
you can make a difference!

WE ARE IN NEED OF VOLUNTEERS ON TUESDAY, WEDNESDAY AND/OR FRIDAY WHO WOULD LIKE TO

SPEND TIME HELPING AT OUR MON VALLEY LOCATION.

DO YOU LIKE HELPING OTHERS?

THIS IS THE PLACE FOR YOU!

WE NEED FRONT DESK HELP,

ANSWERING THE PHONE, REGISTERING NEW MEMBERS AND MONTORING LUNCH RESERVATIONS.

SEE AMY TO MAKE A DIFFERENCE TODAY!





This summer dive into the magical underworld of the ocean with whimsical displays of an array of sea creatures, unique foliage and fantastic flora.

Join us on WEDNESDAY 07/17/24

TO SET SAIL ON AN UNDERWATER ADVENTURE AT THE PHIPP'S CONSERVATORY.

IT WILL BE AN UNFORGETTABLE JOURNEY FOR ALL!

\$19 A PERSON

SIGN UP AND PAY BY TUESDAY 07/09/24

WILL CALL WITH PICK UP TIMES



**WE ARE EXCEPTING DONATIONS
FOR THE CAR CRUISE ON 09/21/24
FOR CHINESE AUCTION BASKETS
ANY NEW OR SLIGHTLY USED
ITEMS. PLEASE SEE AMY OR**



MICHELLE



LET'S EAT!

ENJOY LUNCH AT

BONEFISH AND GRILL

LOCATED IN SOUTH HILLS VILLAGE.

WEDNESDAY 07/31/24

SIGN UP BY TUESDAY 07/23/24

WILL CALL WITH PICK UP TIMES



Cool Whip Cookies

1 box any flavor Cake mix, chocolate, red velvet, lemon, etc.

1- 8 ounce Cool Whip

1 egg

* mix all together in bowl

* drop by teaspoonfuls into powdered sugar

* place on cookie sheet

* bake at 350 degrees for 12 to 15 minutes cool before removing from cookie sheet.



CALLING ALL BAKERS!

MAKE THESE DELICIOUS, SIMPLE, AND SWEET COOL WHIP COOKIES WITH AMY ON FRIDAY 07/26/24 AT 12 PM

SIGN UP AND PAY BY MONDAY 07/22/24

\$8 for 1 DOZEN OF COOKIES

**LAST
CHANCE
TO BUY!**

LET'S GO BUCS

**WE ARE GOING TO THE PIRATE
GAME ON WEDNESDAY**

07/24/24



12:35 PM GAME \$35

**SECTION 129/ADA SEATING WITH
A \$10 LOADED VALUE PER TICKET
FOR FOOD.**

SIGN UP AND PAY BY 07/03/24



**DRUMMING WITH
NANCY WILBURN
NEW ROUTINES
EVERY WEEK!**

JOIN IN TUESDAY

07/02, 07/09, 07/16,

07/23 and 07/30

10:00 AM TO 10:45 AM





THE CROCHETING/KNITTING CLUB MEETS

Every Second & Fourth

Thursday

Of Each Month At 11:00 AM



MARK YOUR CALENDARS

JOIN JOANN WELCH
PLANT SOME HERBS AND LEARN A
NEW RECIPE
ON 07/05/24 AT 12 PM
THIS IS A FREE EVENT AND LIMITED
TO 12 PEOPLE
SIGN UP TODAY!

CARE COMFORT HOSPICE
WILL BE HERE ON
07/18/24 AT 10:30 AM
THEY ALWAYS HAVE
SOMETHING FUN TO DO!
BE HERE!

DON'T BE SCAMMED!
PHIL LITTLE WILL BE HERE
ON 07/22/24 AT 10:45 AM
TO TALK TO US ABOUT
HOW TO AVOID BEING
SCAMMED.
YOU DON'T WANT TO
MISS THIS!



The FOOT DOCTOR

will be here on

07/10/24 at 12:30 PM

Bring your insurance card

SHARPIE MUGS

That are Washable



MAKE THIS COOL PERSONALIZED SHARPIE MUG WITH AMY

ON FRIDAY 07/12/24

\$5 EACH

SIGN UP AND PAY BY MONDAY 07/08/24



NEED A PLACE TO USE YOUR FARMER MARKET VOUCHERS?

GO SHOPPING IN MARKET SQUARE WITH US!

THURSDAY 08/01/24

SIGN UP BY THURSDAY 07/25/24

WILL CALL WITH PICK UP TIMES



RIVERS CASINO

Trip

Monday 07/22/24

Sign up by

Monday 07/26/24

Women Billiards Instructor Lead

Mondays 12:30 PM

Be A Part of The Advisory Committee Meeting

Your voice counts! Share your
thoughts on...

- Promotional ideas and public awareness.
- Help develop subcommittees.
- Contribute input and feedback.
- Aide with organizational and center development.
- Strategic planning and decision making.
- Comradery
- Attend monthly meetings the Second Wednesday afternoon of each month at 12:00 PM.

Members Special Benefits

- Bingo on Monday & Thursday
- Recreation Room/Pool Table
- Computers
- Lending Library
- Informational Speakers
- Wii Bowling
- Free Wi-Fi
- \$.75 unlimited coffee
- Trips Discounts
- Party Discounts
- S.A.I.L. Exercise Program
- Card Clubs
- Sewing Room
- Crafts
- Free monthly Give a ways with perk card

NON MEMBERS PAY additional:
Monday Bingo \$8.00
Thursday Bingo \$3.00
Party \$5.00
NOT ELIGIBLE FOR GIVE A WAYS

ACADEMY OF PODIATRY

WILL BE COMING TO LIFESPAN THE 2ND WEDNESDAY OF
EVERY MONTH, AT 12:30 PM.

PROVIDING 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.



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

SAIL PROGRAM

Every Monday and Thursday

at 10:00 AM to 10:45 AM

CERTIFIED INSTRUCTOR

Exercise Routines!!

PROGRAM APPROVED BY THE NATIONAL COUNCIL OF AGING

**This program is specifically designed for the seniors who attend the
Mon Valley Center**

Work out with and without chairs, using exercise balls and weights.

The program is designed to help you balance & strengthen muscles.

**This class is designed to have fun, while working out with the
assistance of Roseanne and Amy and Karen. We will ensure that the exercise
techniques are done correctly. You will be provided a booklet to track your
monthly progress. You will benefit by building a stronger you!!!**



iStockphoto.com/RUSSELLTATEdotCOM

Join

Lou's Art Class

Every Tuesday in June



07/02, 07/09, 7/16, 07/23

And 07/30

At 12:30 PM

Instructor: Lou Romanchak



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 An 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 Yogurt 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>