



**Steel Valley Senior
Community Resource Center**

Monday Through Friday

9:00am to 2:00pm

530 Miller Ave

Clairton, PA 15025

412-233-4847



**THIS WILL BE THE LAST BBQ
SALE FOR THE SEASON!!!**

DINNER SALE

THURSDAY 9/26/24

BBQ RIB & CHICKEN

COST \$15.00

DINNERS INCLUDES

RIBS OR CHICKEN

2 SIDES DISHES

CORNBREAD OR BREAD

DESSERT

RIBS OR CHICKEN ONLY

\$8.00

EXTRA SIDES

\$2.50 EACH

DBL SIDE OF MAC & CHZ

\$3.00 EXTRA

CORNBREAD/DESSERT

\$1.25

Perk Day

Thursday 9/19/24

Free Ice Cream

MUST HAVE PERKS CARD

Must be signed up by

9/10/2024

DAILY LUNCH

Served Promptly at 11:30

FREE

DONATIONS ACCEPTED

Sign Up 2 days in Advance

1 Week at a Time

Casino Trip

Wednesday 9/4/24

Must be signed up by

Wednesday 8/28/24

If Riding with access

HOAGIE SALE

Cost: \$10.00

STARTS 8/26/24

Orders & Money

Due Friday 9/19/24

See attached flyer

NEWSFLASH!!!!

CENTER WILL BE CLOSED

9/2/24 for Labor Day



THERE WILL BE A FARMERS

MARKET TRIP TO

TRIPLE "B" FARMS

823 Berry Lane,

Monongahela, PA 15063

Wednesday 9/11/24

12PM-1:30PM

Must sign up By Monday 9/6/24



*The new initiative is
The Cholesterol Clinic*

*Tuesday
10:00 am - 1:30 pm
By appointment only*

9/10/24 - Health Education

**HAPPY BIRTHDAY
SEPTEMBER BABIES**

MONDAY 9/30/24

Hot Dog Or Hamburger

*Cupcakes, Treat Bag, And
Special Beverage!!*

Cost is \$5.00

\$2.00 EA for X-tra
Hotdog or Hamburger

Sign Up & Pay By:

Wednesday 9/20/24

See JOZIE for Tickets!

OUT TO LUNCH BUNCH

**WATAMI HIBACHI STEAK
HOUSE**

MONDAY 9/19/24

MUST BE SIGNED UP BY

WEDNESDAY 9/6/24

(for Access Riders)

DAILY EXERCISE



10 AM

w/ Doug & Video

5 CENT or NICKEL



NICKEL POKENO

Game Starts

12:30 TO 1:30

2 Door Prizes, Share the Cash and More!!

What are the rules of the game Po-Ke-No?

Pokeno may be played similarly to keno. Each player except the dealer or "banker" is given a board and may bet on any figure that automatically covers one row and one column. The banker turns over playing cards and the players cover only

Food Bank & Senior Food Boxes

SENIOR BOXES

SEPT 12

OCT 10

NOV 14

Welcome To Steel
Valley Lifespan
Senior Center's
Food Services

DRIVE THRU

SEPT 17

OCT 22

NOV 19

INDOOR SHOP THRU FOOD PANTRY

1ST MONDAY & TUESDAY OF THE
SEPT 3rd & 9th | OCT 1st & 7th
NOV 4th & 5th | DEC 2nd & 3rd

RESERVATION IS REQUIRED

Meeting

EDUCATION:

Nutrition

TOPIC GROUP:

Identity Theft

REFRESHMENTS AVAILABLE

PAY & SEE SELECTION AT RECEPTION DESK

COFFEE *bottomless* \$1.00

BOTTLED WATER \$1.00

POP \$1.00

CHIPS \$.75

OTHER SNACKS: \$1.00

*Please keep coffee & drink cups
during your stay to minimize waste.*





- **HEALTH SCREENINGS WITH HEALTH BINGO**
- **HEALTH EDUCATION**

Tuesday 10:30 AM - 1:30 PM

9/10/24 Health Education

Initiative Cholesterol Clinic

COME OUT AND JOIN US AT STEEL VALLEY

LIFESPAN SENIOR RESOURCE CENTER

530 MILLER AVENUE, CLAIRTON PA 15025

By Appointment Only

412-233-4847

Weekly Activities

Monday 12:00 PM Instructional Pool 1:00 Wii Bowling

Tuesday Memory Trivia Challenges

12:00 PM - Card Club

Wednesday 12:30 PM - Penny Pokeno

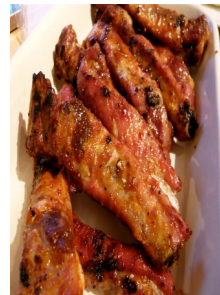
Karaoke 1:30pm

BINGO COMING SOON!!!

Thursday 12:00 PM - Card Club

Friday 12:00 PM - Card Club

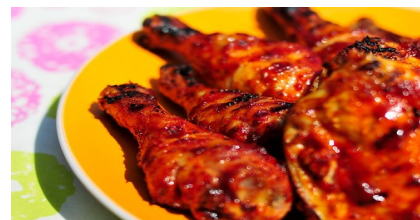
12:30 PM - Nickel Pokeno



BBQ RIB OR CHICKEN DINNER SALE

SEPTEMBER 26, 2024

STEEL VALLEY 12:30PM– 1:45PM



NEW SPEAKERS: TBA

HOAGIE & PIZZA SALE

\$10.00

Starts: 8/20/24 ~ Orders & Money Due: 9/19/24

Delivery Date : Friday 9/27/2024

SEE ATTACHED FLYER

MEMO: **EVERYONE MUST SIGN BEFORE ENTERING THE CENTER

NO SOLICITING OR PANHANDLING!!!!

Management

Since 1981
Marianna's
FUNDRAISERS



The
FUNDRAISER
That Sells Itself!



NEW
Hoagie With
SELTZER'S
Lebanon
Bologna!



"We're Fresh Obsessed"



BBQ RIBS OR CHICKEN DINNER \$ 15

WHEN:: THURSDAY SEPTEMBER 26, 2024

FROM 12:15PM- 1:45PM (TO GO ONLY)

WHERE: HERE AT STEEL VALLEY SENIOR RESOURCE CENTER
530 MILLER AVENUE, CLAIRTON PA 15025

CONTACT: JOZIE

412-233-4847

DINNERS INCLUDE

CHOICE OF MEAT : RIBS OR CHICKEN

2 SIDES: RED BEANS&RICE; MAC&CHZ, GREEN BEANS, CORN ON
COB, YAMS

CORNBREAD OR BREAD

DESSERT CHOICES: APPLE COBBLER: CAKE

EXTRA:

EXTRA RIBS OR CHICKEN \$8..00

EXTRA SIDES \$2.50 EACH

UPCHARGE MAC &CHZ \$3.00

EXTRA CORNBREAD OR DESSERT : \$125

SODA IS NOT INCLUDED











\$ 1.00

FINGER LICK'N GOOD



September



Mon	Tue	Wed	Thu	Fri
<p>2  Labor Day</p> <p>Centers Closed</p>	<p>3 Penne w/Meatballs (1/2 C Penne w/Marinara Sauce & 2 meatballs)  Cal 712</p> <p>1/2 C Broccoli 1/2 C Carrot Coins 1/2 C Jello</p>	<p>4 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>5 Vegetable Lasagna (1 pc/8 Oz.)  Cal 718</p> <p>1/2 C Carrots 1/2 C Roasted Red Peppers 1/2 C Greek Yoghurt w/1/4 C Berries</p>	<p>6 Pulled Pork Sandwich (1/2 C Pulled Pork w/ 2 C Coleslaw 1/2 C Chuckwagon Corn 1/2 C Fresh Cantaloupe Cal 683</p>
<p>9 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1/2 C Zucchini Parmesan Soup 1/2 C WG Penne w/Sauce 1 1/4 C Strawberry Spinach Salad w/Salad Dressing Chocolate Chip Cookie Cal 644</p>	<p>10 Herb Baked Salmon (1 Filet) 1/2 C Scalloped Potatoes 1/2 C Brussels Sprouts WW Bread w/Margarine 1/2 C Chocolate Pudding Cal 712</p>	<p>11 Ham Salad Sandwich (WW Sandwich Roll & 5 Oz Ham Salad) 1/2 C Broccoli Slaw  1/2 C Fresh Grapes PATRIOT DAY Cal 712</p>	<p>12 BirthDay Menu Maple Glazed Pork w/Cider Gravy (4 Oz Pork)  1/2 C Sweet Potato Cubes 1/2 C Brussels Sprouts WW Bread w/Margarine Cal 728 Oatmeal Cookie</p>	<p>13 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 1/2 C Chocolate Pudding Cal 896</p>
<p>16 Mojo Marinated Cod Filet (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>17 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Wax Beans 1/2 Creamy Spinach Orzo Pasta 1/2 C Diced Mango Sugar Cookie Cal 720</p>	<p>18 Italian Sub (1/4 Sub Roll, 3 Oz. Meat & Cheese) 1 C Tossed Salad w/Dressing Fresh Apple  Cal 627</p>	<p>19 Petite Tndrin Medallion AuJus (3 Oz Beef) 1/2 C Mashed Potatoes 1/2 C Beets Cal 790 WW Bread w/Margarine Fresh Pear, Chocolate Chip Cookie</p>	<p>20 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>23 Sausage & Peppers (4 Oz link w/Tomato Sauce) WG Hoagie Roll 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1/2 C Fresh Fruit Salad Cal 860</p>	<p>24 Firehouse Chili (1 C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Cantaloupe Cal 656</p>	<p>25 Classic Cobb Salad (3 Oz Chicken) 1 C Salad Greens w/Dressing WW Bread w/Margarine Fresh Orange Cal 628</p>	<p>26 Stuffed Cabbage Roll (1) 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>27 Chicken w/Gravy (1 Chicken Breast) 1 C Normandy Veggie Blend 1/2 C Buttered Penne 1/2 C Apple Slices Cal 612 Chocolate Chip Cookie</p>
<p>30 Swiss Steak (3 Oz Beef Patty) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine 1 Fresh Pear</p>	<p>SEPTEMBER 22ND  Happy 1st Day Of Fall</p>	<p>September 8th HAPPY GRANDPARENTS DAY</p>	<p>NATIONAL VOTER REGISTRATION DAY  SEPT 17 2024</p>	<p> SEPTEMBER 18 HAPPY BIRTHDAY JOY LOVE & A FOCUS</p>