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Full Newsletter!!



IMPERIAL SENIOR RESOURCE CENTER

Monday—Friday

8 am—4 pm

540 Penn Lincoln Dr, Imperial, PA 15126

724-218-1669

IMPERIAL LIFESPAN will be CLOSED Friday, 11/22, Thursday, 11/28 & Friday, 11/29. Happy Thanksgiving!



THANKSGIVING LUNCHEON

Wednesday,
November 20

Must sign up by 11/11!

Join our LifeSpan family as we celebrate this special holiday together!

- ◆ 11:30am- Thanksgiving Holiday Meal:
Turkey w/ Gravy & Bread Stuffing
Fire Roasted Sweet Potatoes
Butternut Squash Soup
Cranberry Sauce
Pumpkin Pie with Whipped Cream

BLOOD PRESSURE:

Monday, November 18 from
10:00am - 11:30am

Sign up by 11/15

FREE EBOOKS & MORE FROM THE LIBRARY:

Tuesday, November 19
11am - 11:30am

Sign up by 11/6

Never pay for eBooks again!
Learn about library resources that give free access to thousands of eBooks, online magazines, audiobooks, streaming video, music, and more!

VETERANS DAY PROGRAM

Monday, November 11 @
10:45am



HOLIDAY CRAFT:

Friday, November 15

Sign up by 11/13

FREE [limited seating]



HEALTHY TIPS

FOR THE HOLIDAYS:

Monday, November 25 @ 10:30am

Sign up by 11/16 [not required but appreciated]

ADULT BULLYING:

Tuesday, 11/26 @ 11am

PA Office of Attorney General

STRENGTH/ BALANCE EXERCISE: Tuesdays @ 10am

TECH TUTORING

Tuesday, November 19th [Sign up in center for times starting at 11:30am]

Get one-on-one help with your computer, cell phone, laptop, tablet or Kindle
Sign-up in advance is required.

ADVISORY BOARD MEETING: Wednesday, 11/13 @ 2pm

LINE DANCE: Wednesdays @ 9am

KNIT & CROCHET: Wednesdays @ 1pm



CARDIO DRUMMING EXERCISE: Wednesdays @ 2pm



OPERA CLASS: Wednesdays @ 3pm

Learn some unique facts and storylines about various operas.

SPANISH: Thursdays @ 12:30pm

COLLAGE ART: Friday, 11/8 @ 9:30am. Express yourself!

New time! GERMAN: Fridays @ 3pm

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

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.

BINGO Mondays at noon

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



BRIDGE Mondays at noon

Limited sign ups. Looking for experienced players!



BUNCO Tuesdays at noon

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

EUCHRE Tuesdays at 11:30am

RUMMIKUB Wednesdays at noon



500 BID Thursdays at 11:30am

Limited sign ups. Experienced players.

Interested in any other cards or games???

Please let us know! We're always 'game' to change!

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
[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



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! Even if it's just an hour a week, we can use you! 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!

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 Chicken w/Gravy (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges 1 Slice WW Bread Cal 612 Apple & 1 Lorna Doone Cookie</p>
<p>4 Penne & Meatballs (3 Meatballs w/ Tomato Sauce) 1/2 C Broccoli 1 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 666</p>	<p>5 Orange Chicken (3/4 C Chicken Strips) 1/2 C Veggie Stir Fry Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 616</p>	<p>6 Pulled Pork Sandwich (1/2 C Pulled Pork & 1 Pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn 1 WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 654</p>	<p>7 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp bacon) 1 C Salad w/Dressing 1 C Zucchini Parmesan Soup 2 WW Bread w/Margarine Cal 932 1/2 C Fresh Fruit Salad/Oreo Cookies</p>	<p>8 Vegetable Lasagna (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange Cal 798</p>
<p>11 Maple Glazed Pork w/ Cider Gravy 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels sprouts WW Bread w/Margarine 1/2 C Banana Pudding w/Niilla Wafers Cal 724</p>	<p>12 Pub Steakburger w/Cheese (1 Beef Patty, 1 Slice Cheese) 1/2 C Broccoli w Ranch Dip 1 C Tomato Soup 1 WW Sandwich Roll 1 Fresh Orange 1 Pkt Ketchup Cal 826</p>	<p>13 Ham & Cheese Frittata (1 Frittata) 1 C Greek Tossed Salad w Dressing WW Bread 1/2 C Roasted Red Potato Wedges 1/2 C Greek Yoghurt, 1/4 C Berries Cal 681</p>	<p>14 Italian Hoagie (3 Sl Ham, 3 Sl Salami, 2 Sl Cheese) Hoagie Roll Lettuce, Tomato, Onion (on Hoagie) 1 C Tossed Salad w/Dressing Fresh Apple Cal 675</p>	<p>15 Chicken Filet Parmesan (1 Chicken Breast, Tomato Sauce, Cheese) 1 1/4 C Strawberry Spinach Salad 1/2 C Garlic Green Beans 1/2 C WG Penne Pasta w/Sauce 1 Pkt Fig Newtons 1 Pkt Dressing Cal 702</p>
<p>18 Stuffed Pepper (1 Pepper w/Meat Sauce) 1/2 C Broccoli Cal 810 1/2 C Mashed Potatoes WW Bread w/Margarine Pound Cake w/1/2 C Peaches</p>	<p>19 Broccoli & Cheese Stuffed Chicken (1 Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601</p>	<p>20 THANKSGIVING LUNCH Sign up by Monday, 11/11 See first page of newsletter</p>	<p>21 Orchard Salad w/Chicken (3/4 C Diced Chicken, 1 TBSP Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing 1 Garlic Knot Cal 740 1/2 C Greek Yoghurt, 1/4 C Berries</p>	<p>22 Center Closed</p>
<p>25 Firehouse Chili (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 657</p>	<p>26 Chicken w/Gravy (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread Apple & 1 Lorna Doone Cookie Cal 631</p>	<p>27 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 620</p>	<p>28 Center Closed</p>	<p>29 Center Closed</p>