

Monday—Friday 8:30 am—4 pm  
540 Penn Lincoln Dr, Imperial, PA 15126

724-218-1669

[www.lifespanpa.org](http://www.lifespanpa.org)

The Center will be

**CLOSED**

Wed, Oct 9<sup>th</sup> — Fri, Oct 11<sup>th</sup>

**SIGN UP FOR SPECIAL OCTOBER HAPPENINGS!**

[See additional details on these & other programs/events on the following pages]

- ◆ **AARP SAFE DRIVING CLASS:** October 2 & 4

\* Receive 3-year discount on your insurance!



- ◆ **BLOOD PRESSURE TESTING:** October 15, 10am –11:30am

- ◆ **MEDICARE UPDATES:** October 16 & October 22

\* Learn about important changes to 2025 Medicare!



- ◆ **LUNCH OUTING:** Central Diner, October 17@11:30am



- ◆ **FLU, COVID & RSV VACCINE CLINIC:** October 21<sup>st</sup>

- ◆ **HALLOWEEN PARTY!**

- ◆ Monday, October 28



\* Food, fun, entertainment & prizes!



Meeting  
Wednesday  
October 9<sup>th</sup>  
10am

**CARDIO DRUMMING @ 2:00PM**

Thursday  
October 3<sup>rd</sup>

Wednesday  
October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>



**PINOCHLE anyone???**

Let us know if you are interested in  
playing or teaching!  
We are looking to start a group of players!



Save money on your car insurance with  
The AARP Driver Safety Program!  
There are no driving tests involved

**8 HOUR COURSE ONLY**

Wednesday, October 2, 2024 &  
Friday, October 4, 2024

*Must attend both sessions to receive certificate*

**12:00 pm to 4:00 pm (each day)**

Life Span Imperial Senior Community Resource Center  
540 Penn Lincoln Drive  
Imperial, PA 15126

**AARP Members - \$20 / Non-Members - \$25**

*Checks payable to AARP*

Pre-registration is a must.  
Please call 724-218-1669



# Medicare 2025 Update for LifeSpan

October 22nd, 10:30 AM  
LifeSpan Imperial

## Massive Changes Coming to Prescription Drug Coverage Which Will Impact You

- ⊕ No more Doughnut Hole!
- ⊕ Higher Out of Pockets, Including Deductibles and Coinsurance
- ⊕ Healthcare Copays and Benefit Levels are Changing!

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<https://go.medicconnectins.com/lifespan->

SCAN TO  
LEARN  
MORE >>



# VACCINE CLINIC

**OPEN  
TO THE  
PUBLIC**



**NO  
WALK-INS  
~~~~~  
MUST  
REGISTER**

**Good times take  
good health.**

**RISK LESS.  
DO MORE.**  
Get this season's vaccines

**LOCATION : IMPERIAL LIFESPAN**

**DATE : MONDAY, OCTOBER 21<sup>ST</sup>**

**TIME : 12:00PM - 3:00PM**



## **TWO WAYS TO REGISTER:**

1. Stop in Center to Fill out Form
2. Online : <https://pwpLifeSpanImperial.TimeTap.com/>

**FLU ~ RSV ~ COVID-19**

Pathways will verify your health insurance coverage



# **HALLOWEEN PARTY**

**Monday**

**OCTOBER 28<sup>TH</sup> 10:30 AM**

**COST \$15 INCLUDES LUNCH**  
STAY TUNED FOR MENU!

**MUSIC & ENTERTAINMENT BY**  
*Mikey Dee Entertainment*

**COSTUME CONTEST**

**TREAT BAGS!**

**DOOR PRIZES!**

**PLUS MORE!**

**\$25 for Best Costume**

**STRENGTH/ BALANCE EXERCISE: Tuesdays @ 10am**

**LINE DANCE: Wednesdays @ 9am**

**ADVISORY COUNCIL MEETING: Wednesday, 10/ 9@ 10am**

**KNIT & CROCHET: Wednesdays @ 1pm**



**CARDIO DRUMMING EXERCISE: Thursday, 10/3 @ 2pm**  
**Wednesdays, 10/9, 10/16, 10/23 & 10/30 @ 2pm**

**OPERA CLASS: Wednesdays @ 3pm**

Learn some unique facts and storylines about various operas.

## **TECH TUTORING**

**Wednesday, October 23th** [Individual 1/2 hour sessions @ 1, 1:30, 2, 2:30 ]

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

**Sign-up in advance is required.**

**SPANISH: Thursdays @ 12:30pm**

**New day! GERMAN: Fridays @ 10:30am**

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.

\* 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 be-

**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!



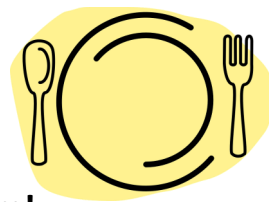
**500 BID** Thursdays at 11:30am

Limited sign ups. Experienced players.

**PINOCHLE anyone???**

**Let us know if you are interested in playing or teaching!  
We are looking to start a group of 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 [ 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](http://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!***



| Mon                                                                                                                                                                      | Tue                                                                                                                                                               | Wed                                                                                                  | Thu                                                                                                                                                              | Fri                                                                                                                                                                                |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>7 Orange Chicken</b><br>(3/4 C. Diced Chicken)<br>1/2 C. Stir Fry Veggie Blend | <b>1 Meatloaf w/Gravy</b><br>(1 Slice)<br>1/2 C. Mashed Potatoes<br>1/2 C. Green Beans                                                                            | <b>2 BBQ Turkey Flatbread</b><br>(Flatbread w/2 Oz. Turkey/<br>1 Oz.<br>Cheese)                      | <b>3 Chicken Cordon Bleu</b><br>1/2 C. Carrots<br>1/2 C. Butternut Squash<br>Soup                                                                                | <b>4 Beef Stroganoff</b><br>(1 Cup)<br>1 C. Side Salad w/Dressing<br>1/2 C. Peas                                                                                                   |
| <b>7 Orange Chicken</b><br>(3/4 C. Diced Chicken)<br>1/2 C. Stir Fry Veggie Blend                                                                                        | <b>8 Penne w/Meatballs</b><br>(1/2 C. Penne w/Marinara<br>Sauce and 2 Meat-<br>balls)                                                                             | <b>9</b>                                                                                             | <b>10</b><br><b>CENTER CLOSED</b>                                                                                                                                | <b>11</b>                                                                                                                                                                          |
| <b>14 Chicken Filet Parmesan</b><br>(1 Breaded Chicken Breast)<br>1 C. Zucchini Parmesan Soup<br>1/2 C. Penne w/Sauce<br>1 1/4 C. Strawberry Spin-                       | <b>15 Herb Baked Salmon</b> (1 Filet)<br>1/2 C. Scalloped Potatoes<br>1/2 C. Roasted Brussels Sprouts<br>WW Bread w/Margarine<br>1/2 C. Chocolate Pudding         | <b>16 Ham Salad Sandwich</b><br>(WW Sandwich Roll &<br>5 Oz. Ham Sal-<br>ad)<br>1/2 C. Broccoli Slaw | <b>17 Maple Glazed Pork w/<br/>                     Cider Gravy</b> (4 Oz. Pork)<br>1/2 C. Sweet Potato Cubes<br>1/2 C. Brussels Sprouts<br>WW Bread w/Margarine | <b>18 Pub Steakburger w/<br/>                     Cheese</b><br>(1 Beef Patty, 1 Slice Cheese<br>&<br>WW Sandwich Roll) Ketchup                                                    |
| <b>21 Mojo Marinated Cod<br/>                     Filet</b> (1 Cod Filet)<br>1/2 C. Coleslaw<br><b>686</b><br>1 C. Corn & Sweet Potato Soup                              | <b>22 Broccoli &amp; Cheese<br/>                     Stuffed Chicken</b> (1 Breast)<br>1/2 C. Wax Beans<br>1/2 C. Creamy Spinach Orzo Pasta<br>1/2 C. Diced Mango | <b>23 Italian Sub</b> (1/4 Sub<br>Roll w/3 Oz. Meat &<br>Cheese)<br>1 C. Tossed Salad w/             | <b>24 Petite Tenderloin Medallions</b><br>Au Jus (3 Oz. Beef)<br>1/2 C. Mashed Potatoes<br>1/2 C. Beets<br>WW Bread w/Margarine<br>Fresh Pear                    | <b>Stuffed Pepper</b> <b>BirthDay Menu</b><br>(1 Pepper w/Meat Sauce)<br>1/2 C. Steamed Broccoli<br>1/2 C. Mashed Potatoes<br>WW Bread w/Margarine<br>Pound Cake<br><b>Cal 771</b> |
| <b>28 HALLOWEEN PARTY</b>                                                                                                                                                | <b>29 Firehouse Chili</b> (1 Cup)<br>1/2 C. Broccoli<br>1/2 C Brown Rice<br>WW Bread w/Margarine                                                                  | <b>30 Classic Cobb Salad</b><br>(3 Oz. Chicken)<br>1 C. Salad Greens w/<br>Dressing                  | <b>31 Stuffed Cabbage Roll<br/>                     (1)</b><br>1/2 C Mashed Potatoes<br>1/2 C. Green Beans                                                       |                                                                                                 |