



IMPERIAL ACTIVE LIFE CENTER

Monday—Friday 9:00 am—3 pm 540 Penn Lincoln Dr, Imperial, PA 15126 724-218-1669
www.lifespanpa.org

The Center will be **CLOSED** on the following days:

Tuesday, December 31 & Wednesday, January 1

(HAPPY NEW YEAR!)

and Monday, January 20 (MLK Day)

BLOOD PRESSURE SCREENING:

Monday, 1/13
from 10:00am - 11:30am
Sign up by 1/10

TECH TUTORING:

Wednesday, January 22

[Individual 1/2 hour sessions @
1pm, 1:30pm, 2pm, 2:30pm]

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

Sign-up in advance is required.

RIVERS CASINO TRIP:

Tuesday, 1/14

*ACCESS Van leaving LifeSpan
Imperial @ 10:30am.

Leaving casino at 2:30pm.

Sign up no later than 1/6.

*You must be signed up & in the
ACCESS system at least 2 weeks be-
fore the trip.

HEALTHY FOR THE NEW YEAR:

Monday, 1/27 @ 11:00am

Sign up by 1/24

On-going Events:

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10am

ADVISORY BOARD MEETING:

Wednesday, 1/15@ 10am

LINE DANCE:

Wednesdays @ 9am

KNIT & CROCHET:

Wednesdays @ 1pm



CARDIO DRUMMING EXERCISE:

Wednesdays @ 2pm

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 **10:30am** [NEW TIME!]

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 10:30am 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 lend a helping hand (or mitten!) 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 hard-working volunteers! We can't do it without you!

ADULT IMMUNIZATIONS

Ask your doctor today about vaccines to prevent flu, pneumococcal diseases and COVID-19.







Q W E R T Y U I N F L U E N A I O P L K J D
 P H A R M A C I S T V C X Z A S D V F G H I
 A F H M P R E V E N T I O N T H N D I H M S
 I U T R A N S M I S S I O N Y T R E W R Q E
 P O P L K J C O V I D H G F R D Y S A Z U A
 N R A S D F G H J N K L M N E B V E N C X S
 E P O O I U Y T R V E W Q A C S D F A G H E
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 C A Z Q C W T S X V E D M C E V R F A V T G
 O U I O P T L I O E I K U M N J U Y H N B C
 C Y T R E W O Q O A S D N F D G H J K L M O
 C N B V C X A R Z N X C I F E V E R V B N N
 A M K J H D N U R S E S Z F D J C H E U J T
 L H H C Z C O M P L I C A T I O N S J P L A
 H H O S P I T A L I Z A T I O N G H T O N G
 N C O U G H A I M A H S I A V C H I L L S I
 A N H E A D A C H E N A O H A S L I Y A H O
 B A S W G I M P O R T A N T N F D S X N P U
 Q E T H E A L T H Y R S D F G B N M F G H S
 J C O N G E S T I O N T R E S E R I O U S J

influenza
 pneumococcal
 COVID
 disease
 immunization
 prevention
 yearly

healthy
 doctor
 nurse
 recommended
 invasive
 important
 nausea

pharmacist
 fever
 transmission
 contagious
 cough
 protection
 fatigue

complications
 virus
 hospitalization
 serious
 chills
 headache
 congestion

Mon	Tue	Wed	Thu	Fri
 6 Firehouse Chili (1 C Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 657	 7 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	1 Centers Closed 	2 Orchard Salad w/Chicken (3/4 C diced chicken, 1 Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing Garlic Knot w/Margarine 1/2 C Greek Yogurt, 1/4 C Berries Cal 740	3 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1/2 C Cilantro Lime Brown Rice 1/2 C Corn & Sweet Potato Soup Fresh Orange Cal 663
13 Meatloaf w/Gravy (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine Banana Bread (1 mini loaf) Cal 726	14 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread 1/2 C Strawberry Banana Applesauce Cal 860	8 Stuffed Cabbage Roll (1) 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 620	9 Deli Plate (1/4 C Chicken Salad, 1/4 C Egg Salad) 1 C Lettuce, Cucumbers, Tomatoes 1 C French Onion Soup WW bread w/Margarine Orange & Berry Vanilla Cookies Cal 756	10 Sausage and Peppers (1 Sausage link w/tomato sauce) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Hoagie Roll 1/2 C Fresh Fruit Salad Cal 775
20 Centers Closed 	21 Raspberry BBQ Chicken (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 655	15 Beef Stroganoff (1 C Beef Stroganoff) 1 C Side Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Slice Pound Cake w/1/4 C Berries Cal 738	16 BBQ Turkey Flatbread (1/2 C Turkey, 1 Slice Cheese) 1/2 C Potato Salad 1 WG Flatbread 1/2 C Fresh Cantaloupe Cal 666	17 Sweet and Sour Salmon (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit Cal 748
27 Penne w/Meatballs (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1/2 C Side Salad w/Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 666	28 Orange Chicken (3/4 C Chicken Strips) 1/2 C Stir Fry Veggie Blend 1/2 C Veggie Fried Rice WW Bread w/Margarine 1/2 C Diced Pineapple Cal 616	22 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637	23 Chicken Avocado Salad (3/4 C Chicken, 1 SS Cup Guac) Salad (2C Lettuce, Tomato, Cucumber) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	24 Teriyaki Meatballs (3 Meatballs, Teriyaki Glaze) 1/2 C Sesame Green Beans 1/2 C Veggie Fried Rice 1/2 C Mandarin Oranges 1/2 C Chocolate Pudding Cal 753
31 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	29 Pulled Pork Sandwich (1/2 C Pulled Pork) 1/2 C Coleslaw, 1 Pkt BBQ Sauce 1/2 C Chuckwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 681	30 Chicken BLT Salad (3/4 C Diced Chicken, 2 Tbsp Bacon) 1 C Salad (Lettuce, Tomato, Carrots) w/Dressing 1C Zucchini Parmesan Soup (2) WW Bread w/Margarine 1/2 C Fresh Fruit Salad 1 Pkt Oreo Cookies Cal 675	31 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	