



LifeSpan Knoxville Active Life Center

Hours of Operation

Monday - Friday 9:30am - 2:00pm

320 Brownsville Road
Pittsburgh, PA 15210
Call 412-420-8147

Site Coordinator - Marissa Randall

www.LifeSpanPA.org

Daily Lunch Service

Lunch will be served daily at 11:30am.
Please arrive on time!

Lunch reservations must be made two (2) days
in advance before 11:00am.

Suggested donation for lunch is \$2.00

We are excited to see you at the center!

**FOOD PANTRY IS OPEN IN THE LOWER LEVEL WITH
FREE PRODUCE AVAILABLE TUESDAY AND THURSDAYS
12:00pm- 4:30pm**



www.brashearassociation.org

January 2025 Activities

CALL (412) 420-8147
FOR MORE INFORMATION

Knoxville Active Life Center Activities:

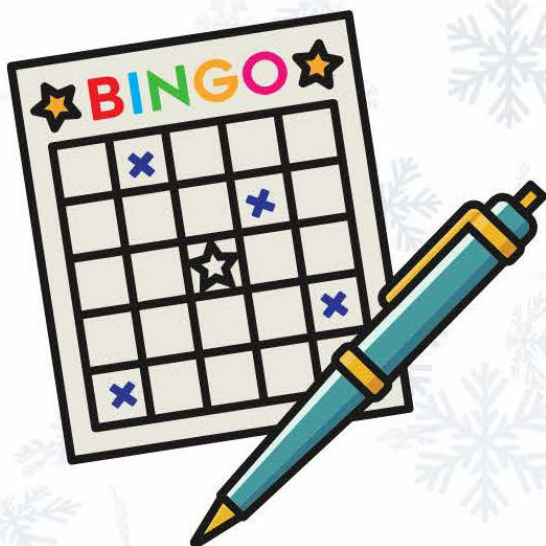
Movie Mondays-every Monday!

Trips to Walmart - Tuesdays after lunch!

Thursday, 1/9- 9:30am-Seated Exercise Class w/ Marissa

Thursday, 1/16 - 10:00am - **Advisory Meeting**

Friday, 1/17 - 11:00am - **UPMC Health and Wellness Demo**



EVERY
Tuesday/Thursday
10:30am - 11:30am
\$1/Card

Happy New Year!

ADULT IMMUNIZATIONS

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



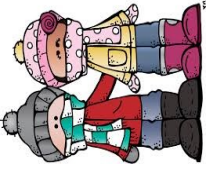



Q W E R T Y U I N F L U E N A I O P L K J D
 P H A R M A C I S T V C X Z A S D V F G H I
 A F H M P R E V E N T I O N T H N D I H M S
 I U T R A N S M I S S I O N Y T R E W R Q E
 P O P L K J C O V I D H G F R D Y S A Z U A
 N R A S D F G H J N K L M N E B V E N C X S
 E P O O I U Y T R V E W Q A C S D F A G H E
 U A Z T X C V B F A T I G U E N M L U R K J
 M Q D W E E E R T S Y U I I M O P L S F L V
 O B F O F C F B M I N F M G M S D F E T G Y
 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, 1Tbsp 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 Yoghurt 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 1WG 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 (2 C 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
	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	