

EFFECTIVE JANUARY 2, 2025
 OUR HOURS OF OPERATION
 ARE
 MONDAY-FRIDAY
 9 AM-3 PM



Accredited by 
 National Institute of
 Senior Centers

LIFESPAN MON VALLEY, ACTIVE LIFE CENTER

HOURS OF OPERATION

Monday-Friday 9 AM TO 3 PM

(412) 664-5434

4313 WALNUT STREET McKeesport, PA
 15132 Amy Marcic (Center Supervisor)



HAPPY
 NEW
 YEAR



WE WILL BE CLOSED

WEDNESDAY JANUARY 1, 2025.

WE WILL RESUME NORMAL HOURS ON

THURSDAY JANUARY 2ND AT 9 AM.

HAVE A SAFE AND HAPPY NEW YEAR!



TICKETS ARE ON SALE NOW FOR THE
 VALENTINE'S DAY PARTY ON FRIDAY
 02/14/25

DO YOU KNOW WHAT MAKES THE BEST VALENTINE'S DAY?

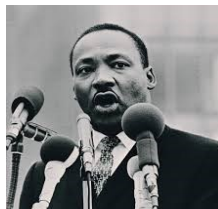
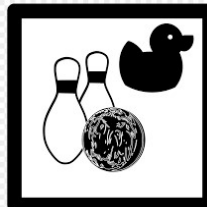
IS IT CHOCOLATES, FLOWERS, TEDDY BEARS?

NOOOOOO...IT'S THE BELAIRS

LOVE, LUNCH, TREATS AND SO MUCH MORE!

LUNCH WILL BE SERVED AT 11:30 AM AND

THE BELAIRS WILL PERFORM AT 12:30 PM!



DISCOVER THE UNIQUE EXPERIENCE
 OF DUCKPIN BOWLING AT THE
 GLASSPORT BOWLING ALLEY \$7.00
 A GAME AND \$3.00 FOR SHOES

ON WEDNESDAY 01/15/25 FROM
 10 AM -1 PM

SIGN UP BY WEDNESDAY 01/08/25

ENJOY LUNCH AND BOWLING.

WILL CALL WITH PICK UP TIMES

WE WILL BE CLOSED

MONDAY JANUARY 20, 2025

IN OBSERVANCE OF MARTIN LUTHER KING JR. DAY

WE WILL RESUME NORMAL HOURS ON

TUESDAY JANUARY 21ST AT 9 AM

"Outstanding!"

THE ONLY WORD TO
 DESCRIBE
 MAGICIAN AND ILLUSIONIST
 DAN KUNIAK.

BE HERE ON THURSDAY

01/30/24 AT 11 AM

LUNCH, THE SHOW,

POPCORN AND DESSERT

\$15 WITH PERKS CARD

\$20 WITHOUT PERKS CARD.

SHOW STARTS AT 12:30 PM

SIGN UP AND PAY BY 01/17/24



OUR RESTAURANT TRIP FOR THE MONTH OF
 JANUARY IS THE CHEESECAKE FACTORY

415 S. 27TH STREET

PITTSBURGH, PA 15203

WEDNESDAY 01/22/25

SIGN UP BY WEDNESDAY 01/15/25

WILL CALL WITH PICK UP TIMES



AND THE



LET'S GO BUCS!

WE ARE GOING TO THE PIRATE GAME, IT'S THE HOME OPENER AGAINST THE YANKEES

ON FRIDAY 04/04/25 4:12 PM GAME

\$60

SECTION 129/ADA SEATING WITH

A \$5 LOADED VALUE PER TICKET FOR FOOD.

SIGN UP AND PAY BY 01/31/25

OR SET UP A PAYMENT PLAN

WITH AMY TODAY!



LET'S GO BUCS

WE ARE GOING TO THE PIRATE GAME ON

WEDNESDAY 07/02/25 4:12 PM GAME

\$35

SECTION 129/ADA SEATING WITH

A \$5 LOADED VALUE PER TICKET FOR FOOD.

SIGN UP AND PAY BY 05/16/25

OR SET UP A PAYMENT PLAN

WITH AMY TODAY!





Bethel Park | Chartiers | Imperial | Mon Valley | Knoxville | Steel Valley

2025 Membership Drive

What does the Membership Include*?

*ACTIVITIES VARY BY CENTER

- Book Club
- Out to Lunch Trips
- Recreation Room
- Monthly Casino Trips
- Pool Table
- Shopping Trips
- Computers
- Speakers
- Wii Bowling
- Free Wi-Fi
- Unlimited Coffee
- Trip Discounts
- Party Discounts
- Daily Exercise
- Card Clubs
- Crafts
- Monthly Giveaways
- Advisory Committee

RENEW OR SIGN UP TODAY!



The Advisory Committee

The advisory committee meets once a month and is comprised of a group of Center Participants that wish to have an impact on :

- Promotional Ideas and public awareness
- Help develop subcommittees
- Contribute Input and feedback
- Aid with Organizational and Center Development
- Strategic planning and decision making

\$10⁰⁰ DONATION

Have a Question?

Ready to Sign Up?

Talk to a LifeSpan Employee or Volunteer!

New Membership Year Dates!

January 1st
Thru
December 31st

Please note in 2026 there will be an increase in the requested donation to \$15 per year.

Perks Card Included!

A complementary Perks Card is included with every Membership. The card has five "Perks" that can be used throughout the year, at the users' discretion.

Every Center will have different ways to use the Perks. They will announce "Perk" days/items in their newsletter or announcements.

A word of caution:

The Perks Card is given out with a paid Membership. Once the 5 Perks run out, that is all that you get.

VOLUNTEERS NEEDED



CONTACT YOUR LOCAL CENTER FOR OPEN VOLUNTEER OPPORTUNITIES!

Bethel Park - 412-831-7111

Knoxville - 412-420-8147

Chartiers - 412-276-5056

Mon Valley - 412-664-5434

Imperial - 724-218-1669

Steel Valley - 412-233-4847

MONDAY



10:00 AM S.A.I.L. EXERCISE



Stay Active
& Independent
for Life (SAIL)

11:30 AM LUNCH IS SERVED (\$2 SUGGESTED DONATION)

12:00 PM BINGO AND CARD CLUB, AND WOMEN BILLIARDS
(INSTRUCTOR LEAD)

2:00 PM MEXICAN TRAIN



Women Billiards Instructor Lead

EVERY Monday 12:30 PM

RIVERS CASINO TRIP

MONDAY 01/27/25

SIGN UP BY 01/20/25

WILL CALL WITH PICK
UP TIMES



12 PM MEMBERSHIP BINGO

(\$5 PACKAGE INCLUDES: 2 BOARDS,
3 SPECIALS AND A JACKPOT)



LISA FROM QUALITY INSIGHTS WILL BE HERE ON

MONDAY 01/13/25

REVIEW VACCINATION UPDATES AND LEARN 7 STEPS TO
STOP THE SPREAD.

REMINDER:

WE WILL BE CLOSED ON MONDAY 01/20/25
IN OBSERVANCE OF MARTIN LUTHER KING JR.

MEET TARA ZALUSKI

ON MONDAY 01/06/25 10:45 AM

LEARN ABOUT

Partnering for Safer Homes, Stronger
Communities and Better Living.

COMFORT CARE HOSPICE WILL
BE HERE ON MONDAY

01/27/25 AT 10:30 AM

KRISTY ALWAYS HAS
SOMETHING FUN TO DO!



TUESDAY

10:00 AM CARDIO DRUMMING WITH NORMA

11:30 AM LUNCH IS SERVED (SUGGESTED \$2 DONATION)

12:15 PM PLAY POKENO (BRING YOUR PENNIES)

12:30 PM ART CLASS WITH LOU



ART CLASS
12:30 PM– 1:30 PM



Join
Lou's Art Class
Tuesday in JANUARY
01/07, 01/14, 01/21 AND
01/28
Instructor: Lou Romanchak

CLOSINGS
THE LIFESPAN MONVALLEY, ACTIVE LIFE CENTER
WILL BE CLOSED ON
TUESDAY 12/31/24 AND WEDNESDAY 01/01/25 FOR
NEW YEAR'S EVE AND NEW YEAR'S DAY.
WE WILL RESUME NORMAL BUSINESS HOURS ON
THURSDAY 01/02/25 AT 9 AM
HAPPY NEW YEAR!!



PENNY PO-KE-NO
Every Tuesday At
12:15 PM

DRUMMING WITH NORMA
NEW ROUTINES EVERY WEEK!
JOIN US TUESDAY
IN JANUARY
01/07, 01/14, 01/21 AND 01/28



WEDNESDAY

11:00 AM METRO CHAIR EXERCISE

11:30 AM LUNCH IS SERVED
(SUGGESTED \$2 DONATION)

12:15 PM LCR DICE GAME

*2ND WEDNESDAY OF EVERY MONTH

ADVISORY MEETING AT 12 PM

LCR FOLLOWS

*2ND WEDNESDAY OF EVERY MONTH

FOOT DOCTOR AT 12:30 PM



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JANUARY IS THE CHEESECAKE FACTORY

415 S. 27TH STREET

PITTSBURGH, PA 15203

WEDNESDAY 01/22/25

SIGN UP BY WEDNESDAY 01/15/25

WILL CALL WITH PICK UP TIMES

Be A Part of The Advisory Committee Meeting

Your voice counts! Share your thoughts
on...

- Promotional ideas and public awareness.
- Help develop subcommittees.
- Contribute input and feedback.
- Aide with organizational and center development.
- Strategic planning and decision making.
- Comradery
- Attend monthly meetings the Second Wednesday of each month at 12 PM.



ACADEMY OF PODIATRY

WILL BE COMING TO LIFESPAN WEDNESDAY
01/08/25 AT 12:30 PM.

PROVIDING ON SITE FOOT CARE

(NAIL TRIMMING, CALLOUSES, INGROWNS,
AND MORE!)

You will need your insurance card, as we do
bill Insurances. You may be responsible for
copay/co-insurance/deductible depending
on your plan.

Insurances cover every 60 days for nail care.

If you wish to be seen before the 60 days,
you may self pay.

THURSDAY



10:00 AM S.A.I.L. EXERCISE

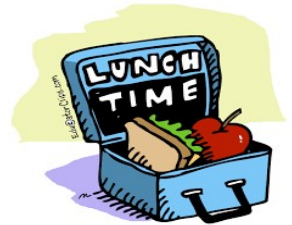
11:00 AM CROCHETING/KNITTING CLUB



Stay Active & Independent for Life (SAIL)

EVERY 2ND AND 4TH THURSDAY

11:30 AM LUNCH IS SERVED (\$2 SUGGESTED DONATION)



12:00 PM BINGO



MEMBERSHIP BINGO
ALL REGULAR GAME CARDS, ALL
SPECIAL GAME CARDS AND ALL
JACKPOT GAME CARDS
ARE \$.25 EACH

THE CROCHETING/
KNITTING CLUB MEETS
Every Second & Fourth
Thursday
Of Each Month At
11:00 AM



LEARN ABOUT FIRE SAFETY WITH
FIRE MARSHALL ALVIN HUSSEY ON
01/09/25 at 10:45 AM
STAY WARM AND STAY SAFE
SPECIAL GUESTS, TOO! YOU DON'T WANT TO
MISS THIS!



ROXANNE FROM MSA MEDI HOSPICE WILL
BE HERE ON THURSDAY
01/16/25 AT 10:45 AM
SIGN UP FOR LUNCH AND ENJOY A VISIT
TODAY

MARK YOUR CALENDAR FOR THIS EVENT!
JONI CAIRNS WILL BE DISCUSSING HYGIENE ON 01/23/25 AT 10:45 AM.
WE WILL ALSO HAVE A SPECIAL VISIT FROM
AMERIHEALTH CARITAS PENNSYLVANIA.
WELLNESS IS COMING TO YOU! VISIT THE STATE-OF-THE-ART MOBILE
WELLNESS AND OPPORTUNITY CENTER OUTSIDE IN OUR PARKING LOT ON
01/23/25 FROM 9 AM- 11 AM.
SEE ATTACHED FLYER FOR DETAILS





AmeriHealth Caritas Pennsylvania is bringing Wellness to You

AmeriHealth Caritas
Pennsylvania

Visit AmeriHealth Caritas Pennsylvania's state-of-the-art Mobile Wellness and Opportunity Center – coming soon to your neighborhood.



We offer:



Baby showers



Healthy food classes



Fitness classes



Job readiness events



Training events



Member health screenings*

All services are available at no cost.
Plus, all are welcome.

Learn more at
www.amerhealthcaritaspa.com/gowell
or contact Renee Johnstonbaugh at
rjohnstonbaugh@amerhealthcaritaspa.com.

mobile & wellness
opportunity center

* AmeriHealth Caritas Pennsylvania members must be prescheduled for health screenings.

www.amerhealthcaritaspa.com



FRIDAY

2025



DUE NOW!

11: 30 AM LUNCH IS SERVED

(SUGGESTED DONATION OF \$2 FOR UNCH)



Members Special Benefits

- Bingo on Monday & Thursday
- Recreation Room/Pool Table
- Computers
- Lending Library
- Informational Speakers
- Wii Bowling
- Free Wi-Fi
- \$.75 unlimited coffee
- Trips Discounts
- Party Discounts
- S.A.I.L. Exercise Program
- Card Clubs
- Sewing Room
- Crafts
- Free monthly Give a ways with perk card
- Free Art Class

NON MEMBERS PAY additional:

Monday Bingo \$8.00

Thursday Bingo \$3.00

Party \$5.00

NOT ELIGIBLE FOR GIVE A WAYS



JOIN IN THE FUN
AND PLAY UNO
EVERY FRIDAY
AT 12 PM





LifeSpan Mon Valley at Olympia

\$1000 BINGO & Lunch

PAYOUT: \$15 REGULAR GAMES, \$50 SPECIALS AND \$500 JACKPOT!

Saturday JANUARY 18, 2025

\$25.00

Doors Open at 10:00 AM—Bingo starts at 12:00 PM

Ticket Includes: Lunch, Bingo Package and Door Prize Entry

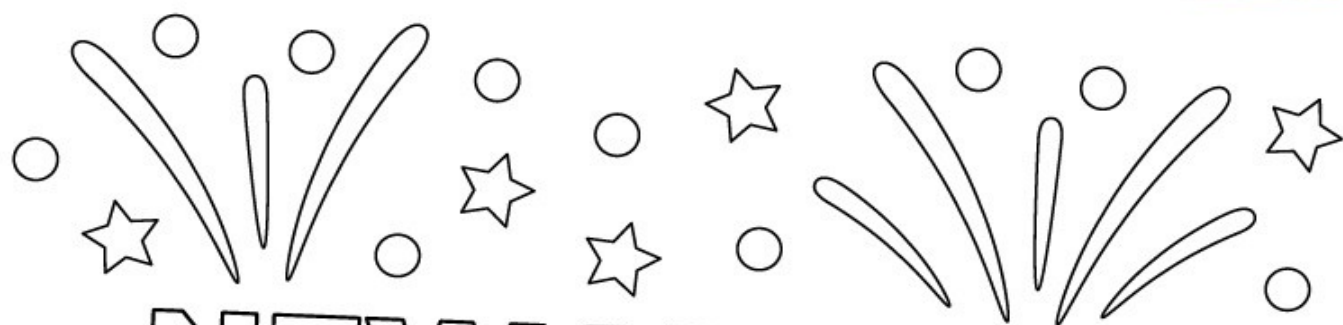
Bingo Package Includes: 6 paper board/20 sheets for all regular games,
3 paper board/5 sheets for all specials

Olympia Shopping Center-4313 Walnut St.

McKeesport 15132 (412) 664-5434

All Proceeds Benefit LifeSpan Mon-Valley at Olympia





NEW YEAR'S

WORD SEARCH







CALENDAR
CELEBRATION
CHEERS
CLOCK
CONFETTI

COUNTDOWN
DECEMBER
EVE
FAMILY
FIREWORKS

FRIENDS
HAPPY
HOLIDAY
JANUARY
MIDNIGHT

NEW
NOISEMAKER
PARTY
RESOLUTION
YEAR

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 Cal 631 Apple & 1 Lorna Doone Cookie	1 Centers Closed 	2 Orchard Salad w/Chicken (3/4 C diced chicken, 1 Top Cheese Salad (2 C Lettuce, Apples, Carrots) 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 Cal 726 WW Bread w/Margarine Banana Bread (1 mini loaf)	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 Cal 756 Orange & Berry Vanilla Cookies	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 Cal 655 1/2 C Fresh Cantaloupe	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 (4 Slices 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
		29 Pulled Pork Sandwich (1/2 C Pulled Pork) 1/2 C Coleslaw, 1 Pkt BBQ Sauce 1/2 C Chickwagon Corn WW Sandwich Roll 1/2 C Fresh Cantaloupe Cal 681	30 Chicken BLT Salad (3/4 C Diced Chicken, 2 Top 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

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