



Resources and Services for Older Adults

LifeSpan Steel Valley  
Active Life Center  
Monday Through Friday  
**9:30am to 2:00pm**  
530 Miller Ave  
Clairton, PA 15025  
**412-233-4847**

hello  
january



**THERE WILL BE A  
FIRE SAFETY  
CLASS**

**Tuesday January 14,  
2025  
@ 11:00 AM**

*All are Welcome*

**NEWSFLASH!!!!!!!!!!**  
The center will be closed on  
New Years Eve Tues,  
Dec 31 and New Years Day Wed  
Jan 1, 2025  
**Have a Safe and Happy Holiday!!**

**CENTER CLOSED  
MONDAY JAN 20,2025  
In Observance  
Of**



Community Life Rep  
Chelsey

Will be here on  
Monday January 6, 2025  
Tuesday January 7, 2025

**Perk Day**

**Friday 1/17/25**

Free Soft Pretzel w Chz

**MUST HAVE PERKS CARD**  
Must be signed up by  
**1/1/2025**



The new initiative is  
A1C -Clinic

Tuesday 1/27/25  
10:00 am - 1:30 pm  
By appointment  
Walk-Ins Are Welcome

**OUT TO LUNCH BUNCH**

Fortune Star Asian  
Buffet & Grill  
591 Clairton Blvd,  
Pleasant Hills, PA 15236

See FLYER

**DAILY LUNCH**

Served Promptly at 11:30

DONATIONS ACCEPTED

**Sign Up 2 days in Advance**  
1 Week at a Time

**WE WILL BE SELLING BEEF  
HOT DOGS FOR \$2.00 on  
the following  
Dates in  
January**

**Tuesday 1/7/25  
Thursday 1/16/25  
Tuesday 1/21/25  
Monday 1/27/25**

*please sign up to Place  
Order*

**DAILY EXERCISE**



**10 AM**

w/ Doug & Video

**The River's  
CASINO Trip  
Will Be On  
Wed 1/8/25**

5 CENT or NICKEL



## NICKEL POKENO

Game Starts

12:30 TO 1:30

2 Door Prizes, Share the Cash and More!!

What are the rules of the game Po-Ke-No?

Pokeno may be played similarly to keno. Each player except the dealer or "banker" is given a board and may bet on any figure that automatically covers one row and one column. The banker turns over playing cards and the players cover only

# Food Bank & Senior Food Boxes

## SENIOR BOXES

JAN 9th

FEB 13th

March 13th

**Lifespan**

**Steel Valley**

**Active Life Center**

**Food Services**

**DRIVE THRU**

JAN 21st

FEB 18th

MARCH 18th

## THE RED DOOR

### INDOOR SHOP THRU FOOD PANTRY

1<sup>ST</sup> MONDAY & TUESDAY OF THE MONTH

JAN 6<sup>th</sup> & 7<sup>th</sup> | FEB 3<sup>rd</sup> & 4<sup>th</sup> | MARCH 3<sup>rd</sup> & 4<sup>th</sup>

*RESERVATION IS REQUIRED*

*Please call if you can't keep the appointment.*

## REFRESHMENTS AVAILABLE

Happy  
New Year!

COFFEE *bottomless* \$1.00

BOTTLED WATER \$1.00

POP \$1.00

CHIPS \$ .75

OTHER SNACKS: \$1.00

*Please keep coffee & drink cups  
during your stay to minimize waste.*



- **HEALTH SCREENINGS WITH HEALTH BINGO**
- **HEALTH EDUCATION**

**Tuesday** 10:30 AM - 1:30 PM

January 27, 2025

Health Education

Initiative A-1C

*COME OUT AND JOIN US AT*

*LIFESPAN STEEL VALLEY SENIOR RESOURCE CENTER*

*530 MILLER AVENUE, CLAIRTON PA 15025*

*412-233-4847*



## Weekly Activities

**Monday** 12:00 PM Instructional Pool W/ Tyrone  
1:00 PM Wii Bowling

**Tuesday** Memory Trivia Challenges  
12:00 PM - Card Club

**Wednesday** 12:30 PM - Penny Pokeno  
1:30 PM - KARAOKE  
BINGO COMING SOON!!!

**Thursday** 12:00 PM - Card Club

**Friday** 12:00 PM - Card Club  
12:30 PM - Nickel Pokeno

**NEW SPEAKER: Community Life Chelsy 1/6 & 1/7 @ 9:30 AM**

**Fire Safety Tues, 1/14 @ 11 AM**

**Quality Insight/Lisa Fri, 1/17 @ 10:45 AM**

**Duquesne University Tues, 1/27 @ 10:30 AM**



**MEMO: \*\*EVERYONE MUST SIGN ON ENTERING THE CENTER**  
**NO SOLICITING OR PANHANDLING!!!!**

**Management**

# 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
 <b>6 Firehouse Chili (1 C Chili)</b> 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe <b>Cal 657</b>	 <b>7 Chicken w/Gravy</b> (1 Chicken Breast, Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread Apple & 1 Lorna Doone Cookie <b>Cal 631</b>	<b>1 Centers Closed</b> 	<b>2 Orchard Salad w/Chicken (3/4 C diced chicken, 1 Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing</b> Garlic Knot w/Margarine 1/2 C Greek Yogurt, 1/4 C Berries <b>Cal 740</b>	<b>3 Mojo Marinated Cod Filet</b> (1 Cod Filet) 1/2 C Coleslaw 1/2 C Cilantro Lime Brown Rice 1/2 C Corn & Sweet Potato Soup Fresh Orange <b>Cal 663</b>
<b>13 Meatloaf w/Gravy</b> (1 slice meatloaf w/gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine Banana Bread (1 mini loaf) <b>Cal 726</b>	<b>14 Chicken Cordon Bleu</b> (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread 1/2 C Strawberry Banana Applesauce <b>Cal 860</b>	<b>8 Stuffed Cabbage Roll (1)</b> 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine 1/2 C Greek Yogurt w 1/4 C Berries <b>Cal 620</b>	<b>9 Deli Plate (1/4 C Chicken Salad, 1/4 C Egg Salad)</b> 1 C Lettuce, Cucumbers, Tomatoes 1 C French Onion Soup WW bread w/Margarine Orange & Berry Vanilla Cookies <b>Cal 756</b>	<b>10 Sausage and Peppers</b> (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 <b>Cal 775</b>
<b>20 Centers Closed</b> 	<b>21 Raspberry BBQ Chicken</b> (1 Grilled Chicken Breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll 1/2 C Fresh Cantaloupe <b>Cal 655</b>	<b>15 Beef Stroganoff</b> (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 <b>Cal 738</b>	<b>16 BBQ Turkey Flatbread</b> (1/2 C Turkey, 1 Slice Cheese) 1/2 C Potato Salad 1 WG Flatbread 1/2 C Fresh Cantaloupe <b>Cal 666</b>	<b>17 Sweet and Sour Salmon</b> (1 Salmon Filet) 1/2 C Asian Vegetables 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Tropical Fruit <b>Cal 748</b>
<b>27 Penne w/Meatballs</b> (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 <b>Cal 666</b>	<b>28 Orange Chicken</b> (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 <b>Cal 616</b>	<b>22 Swiss Steak</b> (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear <b>Cal 637</b>	<b>23 Chicken Avocado Salad</b> (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 <b>Cal 686</b>	<b>24 Teriyaki Meatballs</b> (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 <b>Cal 753</b>
<b>31 Vegetable Lasagna</b> (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Side Salad w/Dressing 1 Garlic Knot 1 Fresh Orange <b>Cal 798</b>	<b>29 Pulled Pork Sandwich</b> (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 <b>Cal 681</b>	<b>30 Chicken BLT Salad</b> (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 <b>Cal 675</b>		