

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** Friday, February 21.

VALENTINE'S DAY
BREAKFAST/LUNCH:



Friday, 2/14 @11am

Sign up & pay by 2/6.

See Page 2 for all the details!

BLOOD PRESSURE
SCREENINGS:

Tuesday, 2/11
from 10:15am - 11:45am

And
Monday, 2/17
from 10:30am - 11:30am

SCAM-O BINGO:

Monday, 2/10 @ 10:30am

*Learn How to Avoid Becoming a
Victim of Scamming & Fraud!

by Cyndie Carioli (Senior Justice Advocate)
Allegheny County DA's Office

- ✘ What scams are we seeing in Allegheny County?
- ✘ EXTRA Door Prize Ticket for anyone wearing RED.
- ✘ YES, we're going to play SCAM-O BINGO!

HOSPICE CARE

Tuesday, 1/18 @ 11:00am

Sign up by 1/14

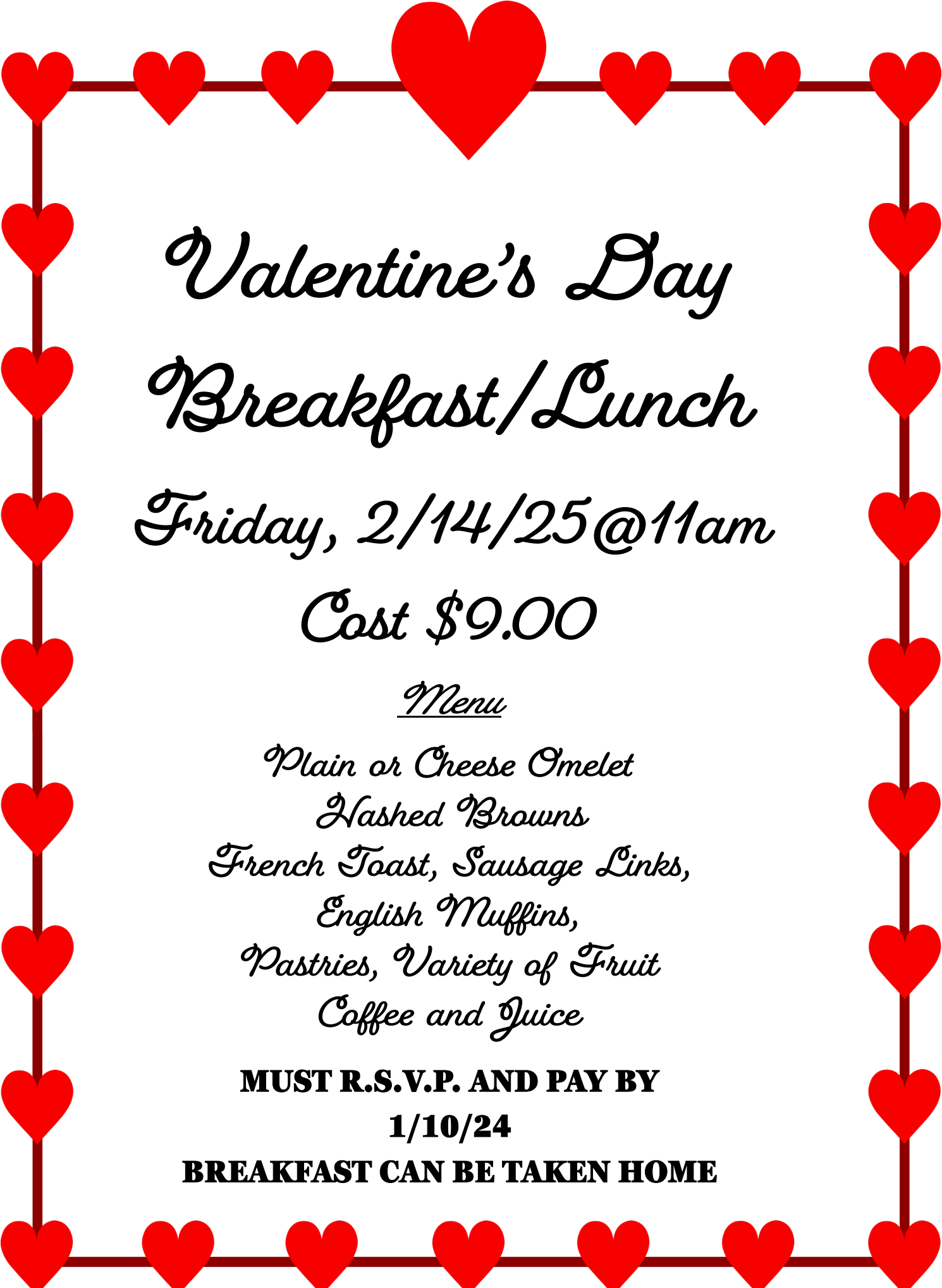
ON THE MOVE

Meet & Greet:

Monday, February 24 @ 10am

Sign-up in advance is required.

- ✘ Learn about an evidence-based group exercise program to be offered at LifeSpan from the creators at the University of Pittsburgh and how you can be a part of it.



*Valentine's Day
Breakfast/Lunch
Friday, 2/14/25@11am*

Cost \$9.00

Menu

*Plain or Cheese Omelet
Washed Browns
French Toast, Sausage Links,
English Muffins,
Pastries, Variety of Fruit
Coffee and Juice*

MUST R.S.V.P. AND PAY BY

1/10/24

BREAKFAST CAN BE TAKEN HOME

On-going Events:

DR. HESS, FOOT DOCTOR:

Monday, February 24 @ 11am [Sign up in advance] Fee applies

STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10am

LINE DANCE: Wednesdays @ 9am

ADVISORY BOARD MEETING:

Wednesday, February 12 @ 10am

KNIT & CROCHET:

Wednesdays @ 1pm



TECH TUTORING

Wednesday, February 26 [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.

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 for 2025!]

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 10:30 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: View Closings at the top of the page.

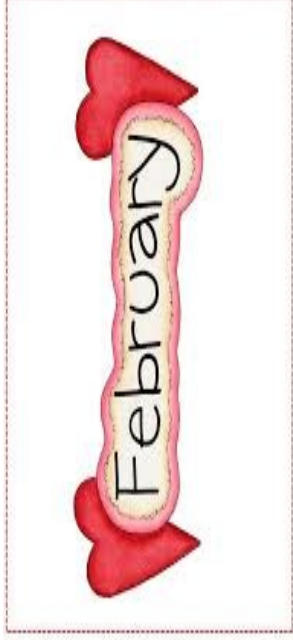
NOTE: if you signed up to attend lunch or another event & included your phone number on the sign-up page, we will make our best attempt to reach you if the event is cancelled or the center is closed.




Volunteers!

SHOW YOUR LOVE FOR OUR CENTER!

Please consider lending a helping hand to keep our 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!



Mon	Tue	Wed	Thu	Fri
3 Maple Glazed Pork w/Gravy (1 slice pork w/cider gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts WW Bread w/Margarine 1/2 C Banana Pudding 1 Pkg Graham Crackers Cal 724	4 Pub Steak Cheeseburger (1 Beef Patty, 1 Sl Cheese, 1 Pkt Ketchup) 1 WW Sandwich Roll 1/2 C Broccoli w/Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826	5 Ham & Cheese Frittata (1 Frittata) 1 C Greek Salad w/Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681	6 Orchard Salad w/Chicken (3/4 C diced Chicken 1 Tbsp Cheese) Salad (2 C Lettuce, Apples, Craisins) w/Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740	7 Macaroni & Cheese (3/4 C Macaroni & Cheese w/WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie Cal 671
10 Stuffed Pepper (1 Stuffed Pepper w/meat sauce) 1/2 C Broccoli 1/2 C Mashed Potatoes Bread w/Margarine 1 Sl Pound Cake w/1/4 C Peaches Cal 810	11 Broccoli & Cheese Stuffed Chicken (1 Chicken Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601	12 Petite Beef Tenderloin Medallions (1 slice beef w/au jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 712	13 Italian Hoagie (3 Sl ham, 2 Sl Salami, 2 Sl Cheese) Lettuce, Tomato, Onion (On WG Hoagie Roll) 1 C Tossed Salad w/Dressing Fresh Apple Cal 680	14 Mojo Marinated Cod Filet (1 Cod Filet) 1/2 C Coleslaw 1 C Corn & Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange Cal 663
17 Firehouse Chili (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe  Cal 656	18 Chicken w/Gravy (1 chicken breast w 1/4 /C Gravy) 1/2 C Broccoli & Cauliflower 1/2 C Roasted Potato Wedges WW Bread w/Margarine Apple & Lorna Doone Cookie  Cal 631	19 Stuffed Cabbage Roll (1 Cabbage Roll) 1/2 C Mashed Potatoes 1/2 C Green Beans WW Bread w/Margarine  Cal 620	20 Chicken Avocado Salad (3/4 C diced Chicken, 1 SS Cup Guacamole) Salad (2 C Lettuce, Tomatoes, Cucumbers) w/Dressing 1 C Stuffed Pepper Soup WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 686	21 CENTERS CLOSED
24 Meatloaf w/Gravy (1 Sl Meatloaf e/1/4 C Gravy) 1/2 C Mashed Potatoes 1/2 C Carrots WW Bread w/Margarine 1 Mini Loaf Banana Bread Cal 726	25 Chicken Cordon Bleu (1 Stuffed Chicken Breast) 1/2 C Green Beans 1 C Vegetable Soup WW Bread w/Margarine 1/2 C Strawberry Banana Applesauce Cal 815	26 Beef Stroganoff (1 C Beef Stroganoff) 1 C Tossed Salad w/Dressing 1/2 C Peas 1/2 C Rotini 1 Sl Pound Cake w/ 1/4 C Berries Cal 742	27 BBQ Turkey Flatbread (1/2 C Chipped Turkey 1 Sl Cheese, 1 Tbsp Coleslaw, 1 Tbsp BBQ Sauce) 1/2 C Potato Salad WG Flatbread 1/2 C Fresh Cantaloupe Cal 666	28 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