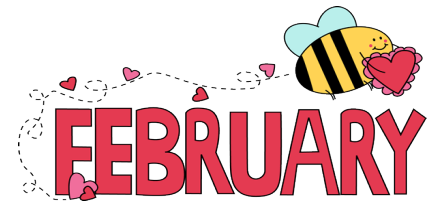


Steel Valley Senior  
Community Resource Center  
Monday Through Friday  
**9:30am to 2:00pm**  
530 Miller Ave  
Clairton, PA 15025  
**412-233-4847**



*CRAFT DAY*  
*THERE WILL BE*  
*2*  
*VALENTINES DAY*  
*ST. PATRICK'S DAY*  
*ORNAMENT CRAFT S*  
*ON*  
*THURSDAY 2/13/25*  
*COST: \$2*  
*PER ORNAMENT*

**NEWSFLASH!!!!!!!**  
**The center will be closed**  
**on**  
**FRIDAY 2/21/2025**  
**For Our All Staff Meeting**  
**Have a Lovable Weekend**



 **DUQUESNE UNIVERSITY**

*The new initiative is*  
*A1C -Clinic*

*Tuesday 2/18/25*  
*10:00am - 1:30pm*  
*By appointment*  
*Walk-Ins Are Welcome*

Community Life Rep  
Chelsey Sennett  
Will be here on the following Dates  
Monday 3,2025  
Tuesday 4,2025  
!0:00am-1:30pm

**Perk Day**  
**Tuesday 2/25/25**  
Free Soft Pretzel w Cheese  
**MUST HAVE PERKS CARD**  
Must be signed up by  
**2/11/2024**

**VALENTINES DAY**  
**FRIDAY 2/14/25**  
**WE WILL BE Having**  
**COOKIES & ICE CREAM**  
**TREAT BAGS**  
**Feel FREE TO GIVE A CARD**  
**TO A Friend, Love One**  
**POEM READING**  
**About**  
**Friendship and Love**



**OUT TO LUNCH BUNCH**  
**Fortune Star Asian**  
**Buffet & Grill**  
**591 Clairton Blvd,**  
**Pleasant Hills, PA 15236**  
**2/18/24**

**DAILY LUNCH**  
Served Promptly at 11:30am  
*DONATIONS ACCEPTED*  
**Sign Up 2 days in Advance**  
1 Week at a Time

**DAILY EXERCISE**



**10am**  
w/ Doug & Video

**RIVERS CASINO TRIP**  
**WEDNESDAY 2/5/25**



**5 CENT or NICKEL**



## **NICKEL POKENO**

**Game Starts**

**12:30pm TO 1:30pm**

**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

**FEB 13th**  
**March 13th**

**Welcome To**  
**Lifespan**  
**Steel Valley**  
**Senior Center**

## DRIVE THRU

**FEB 17th & 18th**  
**MARCH 17th & 18th**

## THE RED DOOR

### INDOOR SHOP THRU FOOD PANTRY

**1<sup>ST</sup> MONDAY & TUESDAY OF THE MONTH**  
**| FEB 3rd & 4th | MARCH 3rd & 4th**

***RESERVATION IS REQUIRED***

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

## REFRESHMENTS AVAILABLE

**COFFEE** *bottomless* \$1.00

**BOTTLED WATER** \$1.00

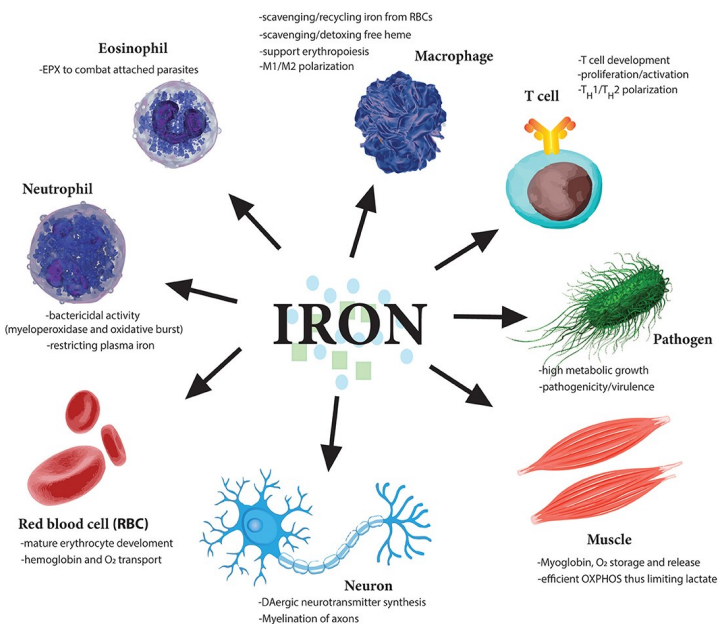
**POP** \$1.00

**CHIPS** \$ .75

**OTHER SNACKS:** \$1.00

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

# Nutrition Education





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

**Tuesday 10:30am - 1:30pm**

February 18, 2024

Health Education

Bingo

Initiative A-1C

*COME OUT AND JOIN US AT*

*LIFESPAN STEEL VALLEY SENIOR RESOURCE CENTER*

*530 MILLER AVENUE, CLAIRTON PA 15025*

*412-233-4847*



*Choose Health*

**Be Healthy For Life**

## Weekly Activities

**Monday** 12:00pm Instructional Pool W/ Tyrone

1:00pm Wii Bowling /Black History Movie 12:00pm-1:45pm

**Tuesday** Memory Trivia Challenges

12:00pm - Card Club

**Wednesday** 12:30pm - Penny Pokeno

Karaoke 1:30pm / Special Black History Song by Patricia Newsby

BINGO COMING SOON!!! Plans are being made

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

**Friday** 12:00pm - Card Club

12:30pm - Nickel Pokeno

**NEW SPEAKER: Community Life/ Chelsy 2/3&4/25 9:30am**

**CYNDI DA Office, 2/6/25@12pm Fraud/Crime**

**Tai Chi / Open House Speaker & (date to be announced)**



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

**Management**



**Red Door**  
*Pantry*

**DRIVE THRU**

**FREE FOOD DISTRIBUTION**

**LifeSpan Steel Valley Active Life Center**

530 Miller Ave., Clairton, PA 15025

# TEMPORARY CHANGE FOR FEBRUARY & MARCH

*Due to Possible Harsh Weather Conditions in the Upcoming Months We Are Holding the Drive Thru Indoors*

## 412-233-4847

**CALL OR STOP IN TO MAKE APPOINTMENT**

**APPOINTMENT REQUIRED**

**PLEASE CALL IF YOU CANNOT MAKE APPOINTMENT**

**WAIT LIST IS KEPT FOR NO-SHOWS/CANCELLATIONS**

**Monday FEBRUARY 17<sup>TH</sup>**

**Monday MARCH 17<sup>TH</sup>**

**Tuesday FEBRUARY 18<sup>TH</sup>**

**Tuesday MARCH 18<sup>TH</sup>**

**LifeSpan**  
*Together We Can!*

 **Greater Pittsburgh community food bank**  
serving the three rivers region

 **THE PITTSBURGH FOUNDATION**  
Lemington Home Fund  
benefitting African American Seniors