



## IMPERIAL ACTIVE LIFE CENTER

Monday—Friday 9:00 am—3 pm 540 Penn Lincoln Dr, Imperial, PA 15126 724-218-1669  
www.lifespanpa.org



### MARCH 9, 2025 - TURN CLOCKS AHEAD



## ST. PATRICK'S DAY BINGO PARTY 3/14/2025



**Appetizer  
Pub**

**Pretzel Bites & Cheese  
Shepherd's Pie  
Irish Pub Salad  
Tomatoes & Cucumbers**

**With a delicious  
Dressing, Biscuit**

**Berry Crisp  
Bingo included  
Door Prizes**

**Cost \$7.00**

**MUST R.S.V.P. AND PAY BY  
3/12/25**

**Blood Pressure By Harmony  
3/10/25 10am to 11am**

**EVERY  
FRIDAY**



**Free for the month  
of March only!  
Movie and  
Popcorn & Drink  
MUST BE  
REGISTERED  
TO PARTICIPATE**



**12:30pm  
TO  
2:30pm**

**PERK DAY PERK DAY**

**Free Hot Dog Day!!!  
Must be a member and show your  
membership card!  
Please register! 3/21/25**

### ON THE MOVE

**Monday, March 4 @ 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.\***

**OUT TO LUNCH BUNCH**

**EAT N PARK**

**MARCH 14, 2025**

**PICK UP AT CENTER 10:45am RETURN AT 1:45pm**

**Must be pre registered by 3/6/25**

# On-going Events:

## STRENGTH/ BALANCE EXERCISE:

Tuesdays @ 10am

## LINE DANCE: Wednesdays @ 9am

## ADVISORY BOARD MEETING:

Wednesday, March 12th 11@ 10am

## KNIT & CROCHET:

Wednesdays @ 1pm



**Are you suffering from Sleep Apnea?  
Come and learn about some very important  
Information on sleeping disorders! I highly  
recommend come and listen in!**

**March 18, 2025**



**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](http://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	
<p><b>3 French Onion Chopped Steak</b> (1 Beef Patty, Onions, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus &amp; Red Peppers WW Bread w/Margarine Cal 864 1 Pkt.. Mini Choc. Chip Cookies</p>	<p><b>4 Raspberry BBQ Chicken</b> (1 grilled chicken breast) 1/2 C Succotash 1/2 C Roasted Sweet Potatoes WW Sandwich Roll Cal 655 1/2 C Fresh Cantaloupe</p>	<p><b>5 Deli Plate</b> (1/4 C Tuna Salad &amp; 1/4 C Egg Salad) 1 C Lettuce, Cucumbers &amp; Tomatoes 1 C French Onion Soup WW Sandwich Roll Cal 730 Fresh Orange, Berry, Vanilla Cookies</p>	<p><b>6 Swiss Steak</b> (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p><b>7 Stuffed Shells</b> (2 Shells w/Cheese Sauce) 1/2 C Green Beans 1/2 C Italian Seasoned Carrots 1/2 C Mandarin Oranges Cal 811 1/2 C Chocolate Pudding</p>	
<p><b>10 Penne w/Meatballs</b> (3 Meatballs w/Tomato Sauce) 1/2 C Broccoli 1 C Tossed Salad w/Pkt Dressing 1/2 C Penne w/Sauce 1/2 C Jello Cal 670</p>	<p><b>11 Garlic Dijon Chicken</b> (1 Chicken Breast w/Garlic Dijon Sauce) Cal 621 1/2 C Whipped Sweet Potatoes WW Bread w/Margarine 1/2 C Diced Pineapple</p>	<p><b>12 Pulled Pork Sandwich</b>(1/2 C Pulled Pork, 1 pkt BBQ Sauce) 1/2 C Coleslaw 1/2 C Chuckwagon Corn WW Sandwich Roll Cal 654 1/2 C Fresh Cantaloupe</p>	<p><b>13 Chicken BLT Salad</b> (3/4 C Diced Chicken, 1 Tbsp Bacon) 1 C Salad (Lettuce, Tomato, Carrots w/Dressing), 1 Pkt Oreo Cookies 1 C Zucchini Parmesan Soup 2 Sl WW Bread w/Margarine 1/2 C Fresh Fruit Salad Cal 932</p>	<p><b>14 Vegetable Lasagna</b> (1 Piece Lasagna, Mozzarella Cheese) 1/2 C Carrots 1 C Tossed Salad w/Pkt Dressing 1 Garlic Knot 1 Fresh Orange Cal 803</p>	
<p><b>17 Maple Glazed Pork w/Gravy</b> (1 Slice Pork w/Cider Gravy) 1/2 C Roasted Sweet Potatoes 1/2 C Balsamic Glazed Brussels Sprouts, WW Bread w/Margarine Banana Pudding w/Graham Crackers Cal 724</p>	<p><b>18 Pub Steak Cheeseburger</b> (1 Beef Patty, 1 Sl Cheese, Pkt Ketchup on WW Sandwich Roll) 1/2 C Broccoli w/Pkt Ranch Dip 1 C Tomato Soup Fresh Orange Cal 826</p>	<p><b>19 Ham &amp; Cheese Frittata</b> (1 Frittata) 1 C Greek Tossed Salad w/Pkt Dressing 1/2 C Roasted Red Potato Wedges Bread 1/2 C Greek Yogurt w/1/4 C Berries Cal 681</p>	<p><b>20 Orchard Salad w/Chicken</b> (3/4 C Diced Chicken, 1 Tbsp Cheese) Salad(2 C Lettuce, Apples, Craisins) w/Pkt Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740</p>	<p><b>21 Macaroni &amp; Cheese</b> (3/4 C Macaroni &amp; Cheese, WG Pasta) 1 1/4 C Strawberry Spinach Salad w/Pkt Dressing 1/2 C Garlic Green Beans 1 Pkt Fig Newton Cookie Cal 671</p>	
<p><b>24 Stuffed Pepper</b> (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 Berries Cal 810</p>	<p><b>25 Broccoli &amp; Cheese Stuffed Chicken</b> (1 Breast) 1/2 C Green Beans &amp; Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601</p>	<p><b>26 Petite Beef Tenderloin Medallions</b> (1 Sl Beef w/Au Jus) 1/2 C Dilled Carrots 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 712</p>	<p><b>27 Italian Hoagie</b> (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</p>	<p><b>28 Mojo Marinated Cod Filet</b> (1 Cod Filet) 1/2 C Coleslaw 1 C Corn &amp; Sweet Potato Soup 1/2 C Cilantro Lime Brown Rice Fresh Orange Cal 663</p>	
<p><b>31 Firehouse Chili</b> (1 Cup Chili) 1/2 C Broccoli 1/2 C Brown Rice WW Bread w/Margarine 1/2 C Fresh Cantaloupe Cal 656</p>	<p><b>March 9</b></p> 				
					