

LifeSpan

Together We Can!



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)



OUR RESTAURANT TRIP FOR THE MONTH OF MARCH IS

CLANCY'S PUB

202 MCCLURE STREET

DRAVOSBURG, PA 15034

FRIDAY 03/14/25

SIGN UP BY WEDNESDAY 03/05/25

WILL CALL WITH PICK UP TIMES

"IRISH" YOU WOULD JOIN IN THE FUN AT THE ST. PATRICK'S DAY CELEBRATION

ON 03/17/25 STARTING AT 10:30 AM!

WEAR YOUR FAVORITE GREEN ST. PATRICK'S DAY OUTFIT AND DANCE THE AFTERNOON AWAY WITH THE HI-LITES PERFORMING AT 12:30 PM.

LUNCH WILL BE SERVED AT 11:30 AM

HAM AND CABBAGE, PARSLIED POTATOES, WHOLE WHEAT BREAD, FRUIT CUP , A FUDGE SANDWICH COOKIE, COFFEE, TEA AND

GREN PUNCH.

APPETIZER WILL BE SERVED AT 10:30 AM

SIGN UP AND PAY BY FRIDAY 03/07/25

\$15



ARE YOU INTERESTED IN OPERA TICKETS

FOR THE BENEDUM THEATER?

I HAVE 8 TICKETS (FREE) AVAILABLE FOR

MADAMA BUTTERFLY

SUNDAY 03/30/25 AT 2 PM

I WILL CALL WITH PICK UP TIMES

FROM THE CENTER

Sign up if interested by Wednesday 03/10/24

IF MORE THAN 8 PEOPLE SIGN UP,

I WILL HAVE A RAFFLE



SHOW YOUR SUPPORT AND LOVE OF THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER

BY PURCHASING A SHAMROCK.

DONATE \$2 FOR A SMALL SHAMROCK AND

\$5 FOR A LARGE SHAMROCK. (ALL PROCEEDS WILL BENEFIT THE LIFESPAN

MON VALLEY ACTIVE LIFE CENTER).

FOR EVERY \$ YOU DONATE, YOU WILL

RECEIVE A TICKET FOR A CHANCE TO WIN A PRIZE AT THE END OF MARCH!



**MAKE THIS CANDLE CRAFT ON
TUESDAY 03/11/25 AT 10 AM**

**SIGN UP AND PAY BY
FRIDAY 03/07/25**

\$6



LET'S GO BUCS

**WE ARE GOING TO THE PIRATE GAME ON
WEDNESDAY 07/02/25 4:12 PM GAME**

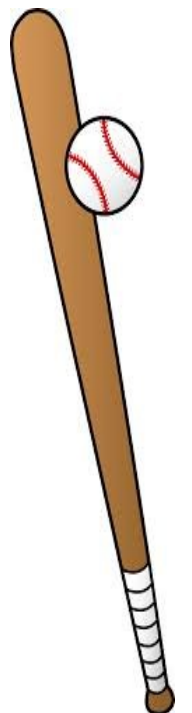
\$35

**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!



**LET'S GO TO THE MOVIES!
SNOW WHITE IS IN THEATERS!**

SATURDAY MARCH 22, 2025

**MOVIE TIME TO BE ANNOUNCED
WILL CALL WITH PICK UP TIMES
FROM THE CENTER.**

**CENTURY SQUARE LUXURY CINEMA
LEATHER RECLINERS, PLUS SNACKS
AND A PUB!**

**2001 MOUNTAIN VIEW DRIVE
WEST MIFFLIN, PA 15122
(412) 714-4746**



FACTS OF LIFE

- *AT LEAST 2 PEOPLE IN THIS WORLD LOVE YOU SO MUCH THEY WOULD DIE FOR YOU.**
- *AT LEAST 15 PEOPLE IN THS WORLD LOVE YOU IN SOME WAY.**
- *THE ONLY REASON ANYONE WOULD EVER HATE YOU, IS BECAUSE THEY WANT TO BE JUST LIKE YOU.**
- *A SMILE FROM YOU CAN BRING HAPPINESS TO ANYONE, EVEN IF THYE DON'T LIKE YOU.**
- *EVERYNIGHT, SOMEONE THINKS ABOUT YOU BEFORE YOU GO TO SLEEP.**
- *YOU MEAN THE WORLD TO SOMEONE.**
- *IF NOT FOR YOU, SOMEONE MAY NOT BE LIVING.**
- *YOU ARE SPECIAL AND UNIQUE.**
- *WHEN YOU MAKE THE BIGGEST MISTAKE EVER, SOMETHING GOOD COMES FROM IT.**
- *WHEN YOU THINK THE WORLD HAS TURNED IT'S BACK ON YOU, TAKE A LOOK; YOU MAY HAVE
TURNED YOUR BACK ON THE WORLD.**
- *WHEN YOU THINK YOU HAVE NO CHANCE OF GETTING WHAT YOU WANT, YOU PROBABLY WON'T GET IT.
IF YOU BELIVE IN YOURSELF, PROBABLY, SOONER OR LATER IT WILL COME YOUR WAY.**
- *ALWAYS REMEMBER THE COMPLIMENTS YOU RECEIVE. FORGET THE RUDE REMARKS.**
- *SOMEONE YOU DON'T EVEN KNOW EXISTS, LOVES YOU.**

**THE LIFESPAN MON VALLEY ACTIVE LIFE CENTER
INVITES YOU TO ATTEND A
KENTUCKY DERBY STYLE MOTHER'S DAY TEA PARTY!
SO MARK YOUR CALENDARS!**

THURSDAY MAY 8, 2025 AT 10 AM

**YOU WILL RECEIVE A DELICIOUS APPETIZER, FOLLOWED
BY A TASTY LUNCH, AN AFTERNOON PERFORMANCE BY
THE MONROEVILLE ADULT CHOIR, TREAT BAG, COFFEE,
VARIETY OF TEA AND TEA PARTY THEMED FAVOR**

ALL FOR \$15 (EVERYONE IS WELCOME)

**WEAR YOUR BEST KENTUCKY DERBY OUTFIT AND BE
ENTERED FOR A DOOR PRIZE, TOO! HOPE TO SEE YOU THERE!**

SIGN UP AND PAY BY MONDAY APRIL 28, 2025



ATTENTION!!! HAPPY BIRTHDAY!

IF YOUR BIRTHDAY IS IN

JANUARY, FEBRUARY OR MARCH

YOU AND A GUEST ARE INVITED

TO ENJOY A PIECE OF CAKE

AND AN ICE CREAM CUP ON

TUESDAY 03/18/25 AT 12:30 PM

SIGN UP BY FRIDAY 03/14/25

MAKE SURE YOU INCLUDE YOUR BIRTHDATE

THIS IS A FREE EVENT!



**APRIL SHOWERS BRING
MAY FLOWERS**



**JOIN US AT THE LIFESPAN
MON VALLEY ACTIVE LIFE CENTER
FOR OUR CARD/GAME PARTY!
SATURDAY MAY 3, 2025
DOORS OPEN AT 10 AM (OPEN TO THE PUBLIC)
PICK A GROUP OF PEOPLE, PICK A CARD GAME OR
BOARD GAME AND PLAY! (10-3)
\$25/PERSON
LUNCH, PARTY FAVOR, SCORE SHEET,
COFFEE, TEA AND JUICE
ARE ALL INCLUDED WITH YOUR TICKET
TICKETS MUST BE PURCHASED IN ADVANCE AT
4313 WALNUT STREET MCKEESPORT, PA 15132
(412) 664-5434**



*** CHINESE AUCTION BASKETS
* SHARE THE WEALTH
(ALL PROCEEDS BENEFIT THE LIFESPAN MON VALLEY
ACTIVE LIFE CENTER)**



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)



illustrations of.com #1399736

2:00 PM MEXICAN TRAIN



RYAN SWEENEY

WILL BE HERE ON MONDAY

03/03/25 AT 10:45 AM

TO DISCUSS A NEW DEVICE FOR CHRONIC LOWER BACK PAIN AND NEUROPATHY.

YOU DON'T WANT TO MISS THIS!

RIVERS CASINO TRIP

MONDAY 03/31/25

SIGN UP BY 03/24/25

WILL CALL WITH PICK UP TIMES



Women Billiards Instructor Lead

EVERY Monday 12:30 PM

12 PM MEMBERSHIP BINO

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



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

DRUMMING WITH NORMA
NEW ROUTINES EVERY WEEK!
JOIN US TUESDAY IN MARCH
03/04, 03/11, 03/18 AND 03/25

Join
Lou's Art Class
Tuesday in MARCH
03/04, 03/11, 03/18 AND
03/25
Instructor: Lou Romanchak

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



Happy MARDI GRAS



Mardi Gras also known as (**Shrove Tuesday**) is the final day of **Carnival** (also known as **Shrovetide**) it thus falls on the day before the beginning of **Lent** on **Ash Wednesday**. *Mardi Gras is **French** for "Fat Tuesday", reflecting the practice of the last night of consuming rich, fatty foods in preparation for the Christian **fasting season of Lent**, during which the consumption of such foods is avoided.*

PERK DAY
TUESDAY MARCH 4TH IS
FAT TUESDAY
CELEBRATE WITH A PANCAKE BREAKFAST
ENJOY A DELICIOUS PACZKI, TOO!
TUESDAY 03/04/25 AT 9:30 AM
FREE WITH YOUR PERK CARD
SIGN UP BY FRIDAY 02/28/25



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



SPRING BEGINS
 ON THURSDAY MARCH 20TH!
 MAKE THIS CRAFT ON
 WEDNESDAY 03/19/25
 AT 10 AM.
 SIGN UP AND PAY
 BY FRIDAY 03/14/25
 \$8



ACADEMY OF PODIATRY
 WILL BE COMING TO LIFESPAN WEDNESDAY
 03/12/25 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.



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.

THURSDAY



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

11:00 AM CROCHETING/KNITTING CLUB



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



CARE COMFORT HOSPICE WILL BE
HERE ON THURSDAY

03/20/25 AT 10:30 AM

KRISTY ALWAYS HAS SOMETHING
FUN TO DO!



JOIN OAK STREET HEALTH
ON THURSDAY 03/13/25 AT
12 PM AND PLAY BINGO!

HAVE A SNACK AND TRY TO
WIN SOME FUN ST. PATRICK'S
DAY PRIZES, TOO!



FRIDAY



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

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



2025



DUE NOW



OUR RESTAURANT TRIP FOR THE
MONTH OF MARCH IS
CLANCY'S PUB
202 MCCLURE STREET
DRAVOSBURG, PA 15034
FRIDAY 03/14/25
SIGN UP BY WEDNESDAY
03/05/25
WILL CALL WITH PICK UP TIMES



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 Kathy from CCAC for
Neurographic Art on FRIDAY 03/07/25, 03/14/28 (days subject to change) FROM 10-11:30 AM
 Employ mindfulness techniques that help to solve personal problems. Neurographic art offers a way to explore your inner thoughts through design.



LifeSpan Mon Valley Active Life Center at Olympia

\$1000 BINGO & Lunch

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

Saturday March 15, 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 active life center at Olympia



St. Patrick's Day

Q U Z F Q A F O K G V Y D H T
C T X T D W M B N O R M L F S
O P Y Y J E E A L R I E H A H
I A K C K G G O C L O V E R A
N T X J A N I Y K L C P I N M
S R L O K Y Q N L E O U J E R
L I M E R I C K I P Y T L G O
M C X P A V B W R R J F J O C
E K E Y I K T I E E Y G C L K
X K M N N L S S L C M O R D G
P N E O B U L H A H H J H W N
O P R O O C C U N A Z A Z D X
T Y A A W K Y O D U O A R Z P
F X L A U E K L J N O L J M O
X A D Z F M A R C H H E R Z E

Leprechaun

Rainbow

Charm

Luck

Limerick

Clover

Patrick

Pot

Ireland

March

Emerald

Coins

Shamrock

Green

Gold

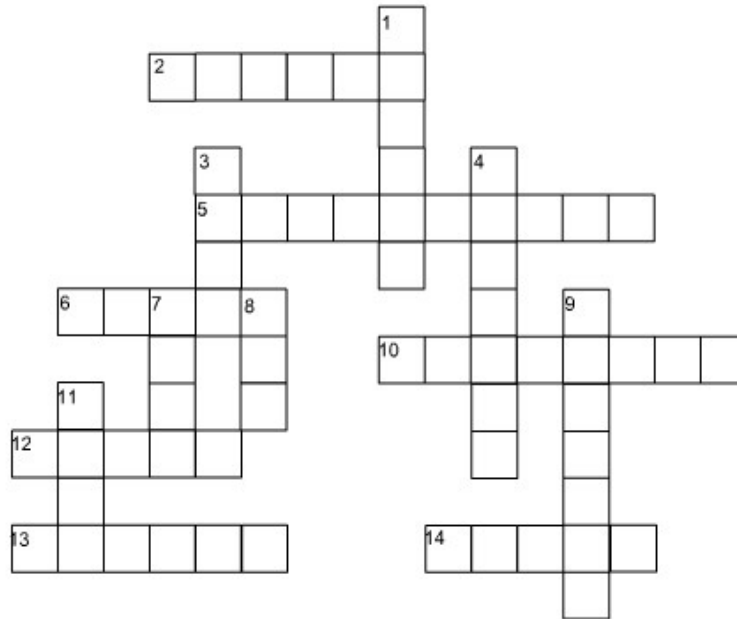
Wish





Saint Patrick's Day

Crossword Puzzle



Down:

1. According to Irish lore Saint Patrick drove these out of Ireland
3. St. Patrick was initially associated with this color
4. This city dyes its river green every St. Patrick's Day
7. St. Patrick's Day occurs during this major Catholic holiday
8. The circle in the very center of the Celtic cross represents this celestial body
9. Saint Patrick used a three-leaved Shamrock to explain this religious concept.
11. Dublin hosts a huge festival on Saint Patrick's Day that lasts for _____ days

Across:

2. This was Saint Patrick's real name.
5. This is a small mischievous sprite as per the Irish folklore
6. Some believe that Saint Patrick was born in Scotland and others think that he was born in _____.
10. This is the national flower/emblem of Ireland.
12. This is what an Irish potato cake is called
13. St. Patrick was the first bishop of _____
14. Saint Patrick's Day commemorates the _____ of Saint Patrick.



	Mon	Tue	Wed	Thu	Fri
	<p>3 French Onion Chopped Steak (1 Beef Patty, Onion, Gravy) 1/2 C Mashed Potatoes 1/2 C Asparagus & Red Peppers WW Bread w/Margarine Cal 864 1 Pkt. Mini Choc. Chip Cookies</p>	<p>4 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</p>	<p>5 Deli Plate (1/4 C Tuna Salad & 1/4 C Egg Salad) 1 C Lettuce, Cucumbers & Tomatoes 1 C French Onion Soup WW Sandwich Roll Cal 730 Fresh Orange, Berry Vanilla Cookies</p>	<p>6 Swiss Steak (1 Beef Patty, Tomato Gravy) 1/2 C Broccoli 1/2 C Mashed Potatoes WW Bread w/Margarine Fresh Pear Cal 637</p>	<p>7 Stuffed Shells (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>10 Penne w/Meatballs (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>11 Garlic Dijon Chicken (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>12 Pulled Pork Sandwich(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>13 Chicken BLT Salad (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>14 Vegetable Lasagna (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>17 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 Banana Pudding w/Graham Crackers Cal 724</p>	<p>18 Pub Steak Cheeseburger (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>19 Ham & Cheese Frittata (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>20 Orchard Salad w/Chicken (3/4 C Diced Chicken, 1 Tbsp Cheese) Salad(2 C Lettuce, Apples, Cranberries) w/Pkt Dressing 1 Garlic Knot w/Margarine 1/2 C Greek Yogurt w/1/4 C Berries Cal 740</p>	<p>21 Macaroni & Cheese (3/4 C Macaroni & 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>24 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 Berries Cal 810</p>	<p>25 Broccoli & Cheese Stuffed Chicken (1 Breast) 1/2 C Green Beans & Tomatoes 1/2 C Creamy Spinach Orzo Pasta 1/2 C Fresh Fruit Salad Cal 601</p>	<p>26 Petite Beef Tenderloin Medallions (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>27 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</p>	<p>28 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</p>
	<p>31 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</p>	<p>March 9</p> 