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## Monthly Memo

Grass cutting, flower planting, insects everywhere. Yes, spring is in full force and I am enjoying being outside in the sunshine. While, there is plenty to do outside around the home, there's just as much going on inside at the Center. May is Older Americans Month and coincidentally our busiest month here, so I encourage you to read this newsletter carefully and mark your calendars accordingly; there is a lot going on.

Our final Healthy Steps class of the spring takes place on May 5<sup>th</sup>. Attending not only educates you on preventing falls, it earns the Center \$100 of state grant money. The Mother's Day Tea on May 9<sup>th</sup> has sold out. A reminder that the Center will be closed that Saturday to everyone who is not attending the tea. Senior Day at the Mall is back and more vibrant than ever as we celebrate the 250<sup>th</sup> anniversary of the signing of the Declaration of Independence. Join us May 13<sup>th</sup> for a fun filled morning of information, giveaways, and entertainment. Lastly, our Art Exhibition returns May 28<sup>th</sup> – 30<sup>th</sup>. Local artists, we encourage you to submit your works and we recommend everyone stop by and admire their contributions. It's always a lovely event.

Finally, some food for thought. Loss is one of life's great difficulties. Whether it's the death of a loved one, a friend moving away, an employee getting another job, or no longer having the freedoms you once had, it's hard to process the change alone. Remember that others are likely sharing your grief or hardship and if they offer to help you, it comes from a place of empathy, not pity. You'll often find accepting their aid is the best way to help you move on. Have a lovely May.

-Dallas



The Center at the Mall is a program of the Beaver County Office on Aging. It is managed by Lutheran Service Society.

All activities and programs require a Center membership to attend, unless specified. Activities and programs offered at the Center are possible through the efforts of our volunteers. We are thankful to all who volunteer to make our Center a safe, interactive area for seniors. Interested in volunteering? Please speak with a staff member.

### Attention New Center at the Mall Members!

A new member orientation will be held the first Friday of each month at 10:30AM.

#### Points of discussion

- Meet and introduce yourself to other new members
- Review how to check into the Center and pre-register for lunches, as well as swiping your Silversneakers card for fitness activities
- How to register for activities or sign up for events
- Pick up your Co-pilot card if you have not already

\*Complimentary Coffee\*

Next meeting: June 5<sup>th</sup>



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F: (724)774-5671

www.centeratthemall.net  
www.facebook.com/  
CenterattheMall

**Center Hours**

Monday - Thursday  
8 AM - 7 PM  
  
Friday  
8 AM - 4 PM  
  
Saturday  
8 AM - 2 PM

**Other Resources**

B. C. Office on Aging  
724-847-2262  
  
BCTA/DART  
724-375-2895  
  
B. C. Warmline  
724-775-9507  
  
Homeless Helpline  
724-846-6400  
  
Mental Health Assoc.  
724-775-4165  
  
Report Elder Abuse  
724-775-1786  
  
Veterans Affairs  
724-770-4450

**Funding Sources**

Federal & State Grants  
Fundraising  
PA Lottery  
Donations

**Stay Updated Virtually**

If you are looking for ways to stay informed on Center activities, county events, and other senior resources, Center at the Mall encourages you to check out our Facebook page.

[www.facebook.com/centeratthemall](http://www.facebook.com/centeratthemall)

**We regularly post important updates and information including:**

- Beaver County Office on Aging programs and information
- Local events and happenings
- Upcoming programs and activities at the Center
- Informative posts and videos regarding senior services and healthy living.

**Upcoming Events**

**Healthy Steps for Older Adults**

**Tuesday, May 5<sup>th</sup>**  
**9AM - 1PM**

This class teaches participants ways to avoid falls and safeguard your homes against tripping hazards. Every participant that completes the class earns the Center \$100. Sign up in the Main Room.

**Dehydration w/Red Lion Home Care**

**Wednesday, May 6<sup>th</sup>**  
**12 - 1PM**

Learn about the importance of hydrating and sample some fresh fruits.

**Stars and Stripes Senior Day at the Mall**

**Wednesday, May 13<sup>th</sup>**  
**10AM - 12PM**

Join us for a celebration of Older Americans Month and the 250<sup>th</sup> signing of the Declaration of Independence with a special stars and stripes themed senior day. Don your red, white, and blue and visit vendors with senior services information. There will also be a variety of giveaways and demonstrations. Visit the Center afterwards for a picnic style lunch (please pre-register) and DJ entertainment starting at 11:30AM.

**Birthday Lunch Celebration w/Insurance Services of Zelienople**

**Thursday, May 14<sup>th</sup>**  
**11:30AM - 1PM**

Special birthday lunch and DJ entertainment thanks to our sponsor, Insurance Services of Zelienople. Pre-register by signing up in Co-pilot or calling the Center.

**Pancake Breakfast**

**Monday, May 18<sup>th</sup>**  
**8:30 - 9:30AM**

Hot pancakes off the griddle and sizzling bacon for \$3.

**Lunch & Learn (Nutrition Education w/Lindsay Koach)**

**Monday, May 18<sup>th</sup>**  
**12 - 1PM**

This presentation will cover a variety of tips to improve nutritional intake and sample some tasty options. Suggested donation of \$3 for ages 60+/\$6 charge for ages 59 and under. Includes special dessert. Sign up sheet is in the Main Room.

**Hot Dog Day**

**Tuesday, May 19<sup>th</sup>**  
**11:30AM - 12:30PM**

Juicy franks, hot off the roller for \$2. Add a pop for \$1 if you're thirsty!

**Art Exhibition**

**Thursday, May 28<sup>th</sup> - Saturday, May 30<sup>th</sup>**

Stop in and observe the works and creations of our members and other local artists. Information regarding submitting artwork is on Page 7.

**Notices**

**Donations Needed**

We are now accepting donations of new or gently used items for our Blings n' Things sale being held June 9<sup>th</sup> & 10<sup>th</sup>. Items being accepted include jewelry, scarves, ties, purses, belts, watches, and other accoutrements. Please no clothing or shoes. Donations are being accepted until Wednesday, June 3<sup>rd</sup>.



**Center Closings**

**Saturday, May 9<sup>th</sup>**  
for the Mother's Day Tea

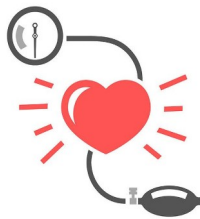
**Monday, May 25<sup>th</sup>**  
for Memorial Day

**Services & Classes**

**Health & Wellness Services**

**Blood Pressure Screenings**

- ♥ May 21<sup>st</sup> 10 - 11AM
- ♥ May 27<sup>th</sup> 10AM - 12PM



Please be aware all health services are provided by external agencies and the Center has no control over cancellations without notice. Thank you.

**Upcoming Lunch & Learns**

- May 18<sup>th</sup>** - Nutrition Education w/Lindsay Koach
- June 29<sup>th</sup>** - Hearing and How it Relates to the Brain w/Sim's Hearing & Wellness
- July 27<sup>th</sup>** - Nutrition w/Peggy Mesing

Lunch & Learns are at 12PM and include lunch w/special dessert.  
\$3 suggested donation - ages 60+, \$6 charge - ages 59 and under  
**Sign up sheet available 1 month before scheduled presentation**

**Technology Classes**

iPhone/iPad Class

4 week class/\$40  
Wednesdays 1 - 2:30PM  
May 6, 13, 20, & 27 (level 4)

Android Phone Class

4 week class/\$48  
Thursdays 1:30 - 2:30PM

Computer Class

4 week class/\$48  
Tuesdays 1:30 - 2:30PM

**Technology Services**

Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

Tech2Elevate (free tech help)

Mondays & Wednesdays 9AM - 1PM

**Card Making Class**

Thursday, May 21<sup>st</sup> 3:30 - 4:30PM  
(Supplies provided, must pre-register)



## Clubs, Groups, & Amenities

### Art Club

Every Tuesday from 10AM - 12PM, meet with other members to work on art projects you bring from home or enjoy provided paints, pencils, canvases, etc. All skills levels are welcome.

### Bible Study

First and third Thursday of each month from 10 - 11AM, join Paul Kamzelski to discuss the Bible.

### Bingo

Every Tuesday and Thursday from 12:15 - 1:45PM we host Bingo! Cards are 25¢ each and can be used for all 11 games. Games include 8 regular games, 2 specials, and a coverall (additional 25¢).

### Canasta

Every Monday 1 - 4PM. Looking for new players to expand the group.

### Café Area

Coffee, tea, and water available daily. Donation of \$1 is appreciated. Tables with chairs and couches for lounging and watching TV. Jukebox with thousands of oldies, free to use.

### Caregiver Support Group

Meets last Wednesday of the month from 2 - 3PM. Supportive environment for caregivers.

### Chess Club

Meets Tuesday from 10:30AM - 12:30PM. Chess boards are provided.

### Hearts in Harmony Chorus Club

Meets every Tuesday 1 - 3PM. Instruction provided by Karl Chapple.

### Computer Lab

Computers with internet access available free of charge. Sorry, no printing.

### Crochet and Knitting Club

Meets every Tuesday 10AM - 2PM. Bring your own needles. **Accepting donations of yarn!** Donated yarn is used towards Center projects, please bring your own materials for personal projects.

### Genealogy Club

Meets first Tuesday of each month from 1 - 3PM. This club is for those working on their own family projects to share resources/collaborate. Club will not take research requests.

### Hand & Foot

Every Tuesday 1 - 3PM. Canasta family card game. Looking for new players to expand the group.

### Library (located in computer lab)

Select and return a variety of books, DVDs, and games using the honor system.

### Mah Jongg Club

Thursdays from 12:30 - 3PM. Always welcoming new players learn the American version of mah jongg.

### Organ Club

Wednesdays from 10 - 11AM. For those who already play the organ or wish to learn.

### Pinochle Club

Every Thursday from 10AM - 1PM, play Pinochle, a card game for two or more players using a 48 card deck.

### Pool Tables

The Center has two 8ft tables. Tables are free to use, simply wait your turn. All skill levels are welcome.

### Rummikub Play (NEW ACTIVITY)

Meets every Wednesday, 1:45 – 3:45PM. Tile game that incorporates strategy, quick thinking, and a little luck.

### Scrabble Club

Meets every Tuesday and Thursday, 1:45 - 3:45PM.

### Shuffleboard Club

Meets every Tuesday, 1:30 - 3PM.



## Fitness Center Memberships

Do you have SilverSneakers or Renew Active? If so, your Fitness Center membership and member exercise classes at Center at the Mall are covered by your insurance. Please see a staff member to join today!

Several self-pay packages are available for individuals 50 years of age and above. 10% discount for Veterans and Beaver Valley Mall Employees.

### 60 and Over: Single Membership/Family Membership

\$180.00/\$330.00 per year  
 \$100.00/\$180.00 for 6 months  
 \$60.00/\$100.00 for 3 months  
 \$40.00/\$80.00 for 1 month

### 50-59: Single Membership/Family Membership

\$260.00/\$480.00 per year  
 \$140.00/\$260.00 for 6 months  
 \$80.00/\$140.00 for 3 months

## Member Exercise Classes

Member exercise classes are SilverSneakers, Renew Active, Self-Pay, and Punch Pass eligible.

### Chair Volleyball

Tuesday & Thursday at 11AM  
 Monday, Wednesday, & Friday at 1PM  
 No Volleyball May 8<sup>th</sup>, 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>

### 30 Minutes of Strength

Tuesday at 8:15AM

### SilverSneakers Classic

Monday, Wednesday, & Friday at 11AM

### Yoga

(sitting/standing only, no floor activities)  
 Tuesday & Thursday at 10AM (No class 5/5)

### SilverSneakers Circuit

Thursday at 9AM (No class 5/5)

### Mix-It Up Cardio

Tuesday at 9AM

### Cardio Sculpt

First session Monday & Friday at 9AM  
 Second session Monday & Friday at 10AM  
 Saturdays at 9:30AM

### Belly Buster

First session Wednesday at 9AM  
 Second session Wednesday at 10AM

First and second sessions are the same class, choose the session time that is best for you.

## Member Exercise Class Rates For Self-Pay Individuals

Members not covered by SilverSneakers or Renew Active have the option to self-pay by purchasing a 12 punch pass for access to the Fitness Center on a per-visit basis or to participate in Member Exercise Classes.

Ages 50 and Over: Punch Pass (12 uses)  
 \$25.00

## Other Exercise Activities

These activities do not require a Fitness Center membership, but are held by outside instructors and may have an associated fee.

### Beginner's Line Dancing

Friday at 9:30AM

### Line Dancing

Wednesday & Friday at 10AM

### Parkinson's Exercise Class

Thursday at 11AM



## Health & Wellness

### MAY-be Try Eating More Vegetables

Vegetables are among the most varied, versatile, flavorful, and healthy foods you can eat. But despite all of that, only one in 10 American adults eat the recommended two to three cups of veggies each day. Vegetables contain an assortment of vitamins and minerals that can help keep us healthier as we age. Luckily, there are endless ways to reach your daily quota - without relying only on salads. Try these easy ways to sneak them into everything from oatmeal to burgers to chocolate pudding:

- When you make smoothies add baby spinach. Baby spinach has a neutral flavor, so you can blend it into smoothies without altering the taste. When you do, you'll benefit from a big dose of vitamins A, C, and K. Vitamin A helps maintain healthy bones, vitamin C boosts our immune system, and vitamin K helps our blood clot, allowing wounds to heal.
- When you make mashed potatoes add cauliflower. Swapping out some of the potato for mashed cauliflower increases nutritional value. A study in the International Journal of Epidemiology found that cruciferous vegetables such as cauliflower and broccoli lower the risk of premature death from cardiovascular disease and cancer.
- When you make burgers or meatloaf add mushrooms. Substituting 50% to 80% of the ground beef in a dish cooked with mushrooms results in a meal with fewer calories, cholesterol, saturated fat, and sodium. It also boosts intake of vitamin D, potassium, and B vitamins.
- When you make oatmeal add carrots. Shredded carrots add a touch of sweetness to this breakfast classic. They also add high amounts of beta-carotene, which is a plant-based compound that is linked to healthier brain aging.
- When you make pancakes add sweet potato. Sweet potato brings sweetness to pancakes. Like carrots and pumpkin, this veggie is high in beta-carotene, which can help protect your eyes, skin, and bones.

### Carrot Cake Oatmeal

#### Ingredients

- ½ cup carrots, finely grated
- 1 cup water
- ¼ teaspoon salt
- ½ cup old fashioned rolled oats
- 1/3 cup raisins
- 1 ½ teaspoon ground cinnamon
- ½ teaspoon Allspice
- 2 teaspoon vanilla extract
- ¼ cup walnuts, chopped (plus more for garnish if desired)
- ¼ cup crushed pineapple
- 2 tablespoons brown sugar (or honey)
- ½ cup milk



#### Instructions

1. In a small saucepan over medium-high heat, add in the water, the finely grated carrots and salt. Bring to a simmer (this is to cook the carrots a little bit so they aren't crunchy in your oatmeal).
2. Once the water comes to a simmer, turn the heat down to medium and stir in the oats, raisins, cinnamon, allspice, vanilla extract, walnuts, and crushed pineapple. Simmer the oats for 3-4 minutes, stirring frequently.
3. Stir in the brown sugar and milk until the oats are the desired consistency of oats is reached. Simmer for another 1-2 minutes to heat milk.
4. Serve warm and top with more walnuts, cinnamon, brown sugar and a dollop of yogurt.

## Special Events

### Art Exhibition

**Thursday, May 28<sup>th</sup> 8AM - 7PM**

**Friday, May 29<sup>th</sup> 8AM - 4PM**

**Saturday, May 30<sup>th</sup> 8AM - 2PM**

There is no entry fee, maximum of 5 pieces/artist  
All art must be delivered to CATM by 4 PM Tuesday,  
May 26<sup>th</sup>, but no earlier than Thursday, May 21<sup>st</sup>.

**Artists Luncheon for all artists and a guest**

**Thursday, May 28<sup>th</sup>: 12 - 1PM**

This year's exhibition is different than past years.  
There will not be prizes or judges. This is simply a  
chance for local artists to share their artwork.  
The Art Exhibition is open to the public and ALL ages  
are welcome to participate. Selling art is permitted.  
Stop by Center at the Mall to reserve your space no  
later than Friday, May 15<sup>th</sup>!



### Tech Connect Program

We are happy to announce a new and exciting program: Tech Connect. Through a grant from the Hillman Foundation, we have acquired a variety of new equipment. Virtual Reality headsets, electronic game boards, digital signage, desktop & laptop computers, and more. Along with these devices, we have contracted Tech2Elevate to offer new programming to acquaint you with everything. Below are upcoming events with the virtual reality headsets.

#### Cinco de Mayo Virtual Getaway

Monday, May 4<sup>th</sup> 10AM – 12PM

#### Vacation From Your Chair

Monday, May 11<sup>th</sup> 10AM – 12PM

#### Guess the Natural Wonder

Monday, May 18<sup>th</sup> 10AM – 12PM

#### Wednesday Wonder Lab (no registration)

Wednesdays, 9AM – 1PM

For Monday events, sign up in the Main Room  
for a 1 hour time-slot

### Bonanza Bingo

**Tuesday, June 23<sup>rd</sup>  
12 - 2PM**

\$18 Entry Fee if you register prior to June 18<sup>th</sup>  
\$20 Entry Fee after June 18<sup>th</sup>

#### Event Includes

- 12 Games (8 Regular, 3 Specials, Coverall)
- 2 Lightning Bingo Rounds
- Cash Bingo Prizes
- Door Prizes
- Refreshments
- 50/50 Drawing
- Lottery Ticket Drawing



### Patriotic Dance

**Thursday, June 18<sup>th</sup>  
5:30 – 7:30PM**

Tickets: \$5 (Must pre-purchase at the  
front desk)

Enjoy an evening of music, dancing,  
refreshments, and fun. Wear your red,  
white, and blue!



## Puzzles

Completed puzzle page (all puzzles) can be dropped off at the Center, mailed to the Center, or scanned and emailed to [dallas.kerr@lutherseniorlife.org](mailto:dallas.kerr@lutherseniorlife.org) for a chance to win a raffle prize. Deadline is May 31<sup>st</sup>.

		5			6		4	1
2		6		8		7		
4				2				
	7					3	9	
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K P N Q P C D H M Z N E M X J	May
L H M A Q I G I S O L G O X K	May Day
A D L E B N S M C R D R T P G	Mother's Day
D F M V M C Q P M E Q J H L J	Flowers
Y Q A N T O M M R Z O B E A D	Spring
B U Y R J D R A R I T B R N G	Cinco de Mayo
U V A Y G E B I Y S N Y S T A	Garden
G V C N M M G U A D H G D S R	Memorial Day
G Q Z Q A A X I T L A T A S D	Butterfly
X K Q E Q Y Y G X T D Y Y N E	Ladybug
H M I F L O W E R S E A R W N	Plants
G B E F J F E W C F M R Y Z K	Grass
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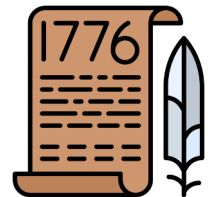
## Signature Event

# Senior Day at the Mall!

Stars & Stripes theme in honor of the 250<sup>th</sup> Anniversary of the signing of the Declaration of Independence & celebrating Older Americans Month



**Wednesday, May 13<sup>th</sup>**  
**10AM - 12PM**



Vendors with giveaways and information

Complimentary coffee, doughnut, and ice cream sandwiches thanks to sponsors Workmoney, LIFE Beaver, & Insurance Services of Zelenople\*

Demonstrations/interactive stations provided by Beaver County Vo-Tech

WBVP-WMBA Live Broadcast

BBQ Themed Picnic Lunch (please pre-register) and DJ Entertainment following the event, inside the Center 11:30AM – 1PM

Drug Take Back Box w/Beaver Police

\*while supplies last