

In The Loop

with the senior scoop

April 2024
Newsletter

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Monthly Memo

April arrives and personally I hope that means the cold days are officially behind us. As spring kicks off, so do a variety of fun events at the Center. There are still tickets left to our April 3rd spaghetti dinner fundraiser if you're looking for a good meal and a fun night with friends and family. The rummage sale April 22nd - 25th allows you to donate things you want to clear out as you spring clean, but also find a treasure or two. Tickets to the Mother's Day Tea are on sale as well as sign-ups for the May Art Exhibition. There's also information on the upcoming July trip to Lancaster to see "Daniel" at the Sight and Sound Theatre! Don't wait until the last minute to sign up!

"April rain is not a cause to complain; it's busy preparing the terrain for spring to sustain." April is a messy month, but it leads to beauty in May and summer to follow. Remember, sometimes the messiest times in your life are simply preparing you for the peace and serenity that are on the horizon.

-Dallas



The Center at the Mall is a program of the Lutheran Service Society. It is operated in cooperation with the Beaver County Office on Aging.



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. If you are interested in volunteering, please speak with a staff member.



Beaver Valley Mall
Unit 284
Monaca, PA 15061
T: (724)774-5654
F: (724)774-5671

www.centeratthemall.net

www.facebook.com/
CenterattheMall

Center Hours

Monday– Thursday
8 AM - 7 PM

Friday
8 AM - 4 PM

Other Resources

B.C. Office on Aging
724-847-2262

BCTA/DART
(724) 375-2895

Beaver County Warmline
724-775-9507

Homeless Helpline
724-846-6400

Mental Health Association
724-775-4165

Report Elder Abuse
724-775-1786

Veterans Affairs
724-770-4450

Funding Sources

Federal and State Grants

Fundraising



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

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 healthcare, senior services, fraud prevention, healthy living, and other topics to allow you to stay safe and in the know



Upcoming Events

Spaghetti Dinner

**Wednesday, April 3rd
5 - 6:30PM**

Come and enjoy a delicious spaghetti dinner which includes salad, dessert, entertainment, and raffle baskets! Tickets for the meal will be \$10/adult & \$5/child.

Aetna Medicare Solutions w/Nina Yankello

**Thursday, April 11th
9AM - 12PM**

Nina Yankello, partnering with Aetna Medicare Solutions, will be available to provide Medicare information and counseling.

Birthday Lunch Celebration

**Thursday, April 11th
11:30AM - 1PM**

Special birthday lunch and entertainment provided by “Johnny”! Must pre-register for lunch by signing up thru Co-pilot or calling the Center.

Pancake Breakfast

**Thursday, April 18th
8:30 - 9:30AM**

Start your day with hot off the griddle pancakes and bacon for \$2!

Rummage Sale

Monday April 22nd - Thursday, April 25th

Come and peruse a variety of items. New or gently used donations (no clothing) are still being accepted. All proceeds benefit Center activities.

Hot Dog Day

**Tuesday, April 23rd
11:30AM - 1PM**

Enjoy a fresh off the roller hot dog for \$2 or hot dog and a drink for \$3.

Lunch and Learn (The Key to a Long and Happy Life w/Highmark Blue Neighbors)

**Monday, April 29th
12 - 1PM**

Blue Neighbors studies areas where seniors live well past life expectancy and shares their findings to educate how you can live a longer, happier life. Suggested donation of \$3 for ages 60+/\$6 charge for ages 59 and under. Includes lunch and a special dessert. Sign up sheet is in the Congregate Room.

Wheeling Island Casino Trip

**Tuesday, April 30th
9AM - 4PM**

Bus departs from the mall parking lot beside Firehouse Subs at 9AM and is expected to return around 4PM. Cost is \$35/person. You must pre-register and pre-pay at the Center.

Get Involved...in YOUR Life!

**Thursday, May 2nd, 9th, 16th, and 23rd
11AM to 12PM**

Do you wake up and wonder why you are still here? What’s the point? Life is boring. This 4-week program seeks to find some answers and purpose. Sign up in the congregate area. See Stacie or Lori with questions.

Notices

Wheeling Island Casino Trip

Tuesday, April 30th

Cost is \$35/person

Bus departs at 9AM from the mall parking lot by Firehouse Subs and is expected to return to the mall around 4PM. Please park in this parking lot and arrive at least 15 minutes before departure.

Must pre-register and pre-pay at the Center.



**No refunds
for personal
cancellations.**



Newsletter Ad Space

1/8 Page - \$50/ issue or \$500/12 issues

1/4 Page - \$100/ issue or \$1000/12 issues

1/2 Page - \$200/ issue or \$2000/12 issues

Room Rentals

(Perfect for birthday parties, bridal showers, council meetings, graduations, etc.)

Room 1 - \$60

Room 2 - \$100

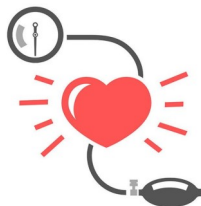
Room 4 - \$25

Services & Classes

Health and Wellness Services

◆ **Blood Pressure Screenings**

- ◆ April 18th 10 - 11AM
- ◆ April 23rd 10:15AM - 12PM



◆ **Vaccination Clinic**

- ◆ May 15th 10 - 11:30AM

A quick reminder to **stay home if you do not feel well**. No activity, program, or volunteering is as important as staying home to recover and preventing the spread of illness to others.

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

◆ **Technology Classes**

(sign up sheets in Congregate Room)

◆ iPhone/iPad Class

4 week class/\$40
Wednesdays 1 - 2:30PM
April 3, 10, 17, & 24
May 8, 15, 22, & 29

◆ Android Phone Class

4 week class/\$48
Thursdays 1:30 - 2:30PM
April 4, 11, 18, & 25
May 9, 16, 23, & 30

◆ Computer Class

4 week class/\$48
Tuesdays 1:30 - 2:30PM
April 9, 16, 23, & 30
May 7, 14, 21, & 28

◆ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

◆ **Card Making Class**

Thursday, April 18th
3:30 - 4:30PM
(Supplies provided, must pre-register)



✍️ **April 29th** - Lunch & Learn (Learn the Key to a Long and Healthy Life w/Highmark Blue Neighbors)

✍️ **May 20th** - Lunch & Learn (Heart Disease & Stroke w/ AmeriHealth Caritas)

✍️ **June 24th** - Lunch & Learn (Fraud Prevention w/AARP)

Lunch & Learns are at 12PM and include lunch w/special dessert.

\$3 suggested donation for ages 60+, \$6 charge for ages 59 and under

Sign up sheet available 1 month before scheduled presentation

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¢).

Please note: No bingo on Casino Trip day.

Bunco Club

Last Tuesday of each month from 2- 4PM. Easy to learn dice game. \$5 Entry Fee. Prizes awarded.

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 the last Friday of each month from 12:30 - 1:30PM. Led by Jennifer Pucevich from Amedisys. Allowing caregivers to share expertise, concerns, or experiences in a safe and supportive environment.

Chess Club

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

Computer Lab

Computers with internet access available free of charge. Printing available at 15¢ per page.

Crochet and Knitting Club

Meets every Tuesday 10AM - 2PM. Yarn is provided, bring your own needles. This is a relaxed, friendly group, always welcoming new members.

Game Day

Meets every Wednesday 2 - 4PM. Games provided, but please feel free to bring your own!

Library (located in computer lab)

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

Mahjong Club

Thursdays from 12:30 - 3PM. Excellent brain game. Always welcoming new players to come learn the American version of Mah-Jongg.

Organ Club

Wednesdays from 10 - 11AM. For those who already play the organ, this is not an activity for beginners.

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, professionally surfaced tables. Tables are free to use, simply wait your turn. All skill levels are welcome.

Shuffleboard Club

Meets first, second, and third Tuesday of each month, 1:30 - 3PM.

Fitness Center Memberships

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

Are you interested in joining the Fitness Center as a self-pay member? The Center has several packages available for individuals 50 years of age and above. Be sure to inquire about a 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

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 (No Volleyball April 3rd)

Tuesday & Thursday at 11AM

Monday, Wednesday, & Friday at 1PM

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

SilverSneakers Circuit

Thursday at 9AM

Mix-It Up Cardio

Tuesday at 9AM

Cardio Sculpt

First session Monday & Friday at 9AM

Second session Monday & Friday at 10AM

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 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

Non-Member Exercise Classes

Non-member exercise classes are for all ages and are held by outside instructors and may have an associated fee.

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM



Special Events

Lancaster Trip to see “Daniel”

July 16 - 17, 2024 (2 days, 1 night)

\$376/person (double occupancy)

\$461/person (single occupancy)

\$30 deposit due at registration (not refundable, even with insurance)

Highlights

Reserved seating at Sight & Sound Theatre to see “Daniel”

Roundtrip motor coach transportation

Overnight hotel stay

1 hotel breakfast

1 Amish feast dinner

Visit to Kitchen Kettle Village

All taxes, baggage, and gratuities on included meals

Trip cancellation protection is available for \$30.00 per person

Final Payment due by May 17th, 2024

Art Exhibition

Wednesday, May 22nd 8AM - 7PM

Thursday, May 23rd 8AM - 7PM

Friday, May 24th 8AM - 4PM

There is no entry fee, maximum of 5 pieces/artist

All art must be delivered to CATM by 4 PM Monday, May 20th, but no earlier than Wednesday, May 15th.

Artists Luncheon for all artists and a guest

Wednesday, May 22nd: 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!

Reserve your space no later than Friday, May 10th.



Spaghetti Dinner Fundraiser

Wednesday, April 3rd

5 - 6:30PM

\$10/person

Includes a house salad, bread, spaghetti with meatballs, homemade dessert, and a beverage.

Raffle baskets

50/50

Live entertainment

Visit the Center for tickets, directions, or further information: 724-774-5654.



Spaghetti Dinner



Mother’s Day Tea

Saturday, May 11th

1 - 3PM

\$12/person (no refunds)

Please bring your own teacup and saucer.

Raffle baskets

Games and Prizes

Visit the Center for tickets, must pre-purchase by Friday, April 26th.



Happy Mother’s Day

Health & Wellness

April is National Move More Month

National Move More Month is every April and the objective of this month is clear and simple: get up and move! Created by the American Heart Association as a way to help improve health of Americans everywhere, National Move Month is aimed at getting more of us to hit 10,000 steps every day or, even better, to hit that 20-minutes of aerobic exercise mark every day.

National Move More Month Statistics:

- **\$1 trillion – the cost of heart disease**
The economic costs (both direct and indirect) of cardiovascular and heart disease are projected to reach \$1 trillion by 2035 unless we take the time to move more and get more exercise.
- **69% of people are overweight**
About sixty-nine percent of US adults are obese and that statistic will only rise unless we do our part to create healthy habits and exercise more.
- **80% is preventable**
Eighty percent of cardiovascular disease in the US is considered preventable, especially by getting out and moving more.

Ways to Get Moving:

- **Go for a walk**
You've been doing it for most of your life and it's one of the healthiest things you can do. Go get those 10,000 steps!
- **Lift some weights**
Hit the weight room for some good, ole fashioned lifting. If you are not already a member, come check out our fitness center
- **Join a class**
Check out our schedule of classes. We have something for everyone.

A program of the Beaver County Office on Aging to help older adults prevent falls

Healthy Steps For Older Adults

Monday, May 6th

10AM – 2PM

Check in begins at 9:30AM

Ages 55 and over

No charge to attend

Please preregister by April 30th. Sign up sheet is in the congregate room.

Complimentary lunch will be served

Please contact Heather Spinelli or Tracy Costo with any questions.

- Fall screening & evaluation
- Advice on how to prevent falls & related injuries
- Movement & staying active
- Making your home a safer environment
- Managing your medications
- Tips on how to talk to your doctor
- Proper foot care & footwear
- What to do if you fall
- Healthy eating
- Much more!

Tomato-Basil Baked Cod

Ingredient

- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- 8 ounces red snapper, cod or haddock fillets
- 1/4 teaspoon dried basil, divided
- 1/8 teaspoon salt, divided
- 1/8 teaspoon pepper, divided
- 2 plum tomatoes, thinly sliced
- 2 teaspoons grated Parmesan cheese

Instructions

1. Preheat oven to 400°. In a shallow bowl, combine lemon juice and oil. Add fish fillets; turn to coat. Place in a greased 9-in. pie plate. Sprinkle with half each of the basil, salt and pepper. Arrange tomatoes over top; sprinkle with cheese and remaining seasonings.



Puzzles

Completed puzzle page (all puzzles) can be dropped off at the Center, mailed to the Center, or scanned and emailed to stacie.hastings@lutheranseniorlife.org for a chance to win a raffle prize. Deadline is April 30th.

	9						1	
2		7	8		9	6		3
	7						6	
	8		5	3	2			4
		8	3		7	1		
	1							9
	2	5				8	7	



Spring Word Search



N Q F I P F S D R I B L S B F Z R
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