

In The Loop

with the senior scoop

February 2026
Newsletter



Monthly Memo

Who ordered this weather? If your New Year's resolution was to be cold and shivering, congratulations, you're doing great and February will also be a successful month! While I always encourage members to come and enjoy all of our activities, please never take the risk of driving in adverse conditions. If the roads seem questionable, stay home for the day. No program or class is worth the risk of an accident or a fall. Please keep an eye on our Facebook page for alerts regarding delays, closures, and canceled programming.

Weather permitting, if you're looking to stay out of the cold and have fun, please consider some of our upcoming activities. Tickets for our Lancaster trip in April are selling fast, so be sure to stop and reserve your spot soon. Our annual Healthy Steps for Older Adults classes will be starting in March. This is a wonderful, educational program to help prevent falls and the Center earns \$100 for each participant! Please refer to page 8 for more details. We are also pleased to announce a new exercise class beginning in March that focuses on balance and stability for those who have difficulty walking and standing. Seating is limited, please sign up in the Main Room if interested or attend a balance assessment on February 3rd. Lastly, we are partnering with Two Giving Girls to host a Hollywood Glamour Dance on March 26th. It promises to be a lovely evening of music, dancing, refreshments, and stylish outfits. Please stop at the front desk to reserve a ticket.

This month's food for thought. Be respectful of others' boundaries. Everyone has their own level of comfort in different situations. Just because you're a "hugger" does not mean everyone else feels the same. You may not mind being close to someone while you talk, where as others prefer a conversation to be held at least at arm's length. I know it is often difficult to perfectly practice empathy, but it is important to make an effort. If you're unsure, always err on the side of caution or simply ask.

-Dallas



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**Lutheran
SeniorLife**
**Lutheran Service
Society**

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.



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

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



Upcoming Events

Super Bowl Party

Friday, February 6th
10AM - 12PM

Wear your favorite NFL gear to the Center for some games, snacks, a craft, and vintage Steeler highlight reviews. Please sign up for the craft in the Main Room.

Elder Abuse Seminar w/PA Attorney General's Office

Friday, February 6th
11AM - 12:30PM

Presentation will cover ways to detect elder abuse, what you can do to help, and how to properly report to the authorities. Sign up sheet in the Main Room.

Tax Payment Collections w/Beaver County Treasurer's Office

Tuesday, February 10th
8:30AM - 4:30PM

Representatives from the Beaver County Treasurer's Office will be available to take county tax payments. Please bring all necessary documents, payment (must be a check), and valid ID with you.

Show Some Love to the Birds and Bugs Craft

Tuesday, February 10th
10AM - 12PM

Make pinecone bird feeders through a sponsorship with Sandra from Cambridge Village and Gourd Décor with Homer. Sign up in the Main Room.

Birthday Lunch Celebration

Thursday, February 12th
11:30AM - 1PM

Special birthday lunch. Pre-register by signing up thru Co-pilot or calling the Center.

Valentine's Day Party

Friday, February 13th
10AM - 12PM

Come and celebrate Valentine's Day with music, punch, and a surprise guest!

Pancake Breakfast

Monday, February 16th
8:30 - 9:30AM

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

Tax Rebate Assistance w/Representative Matzie's Office

Thursday, February 19th
9AM - 12PM

Aides from Rep. Matzie's office will help members fill out property/rent rebate forms. Please bring your income statements, paid property tax receipt, and for renter's only a filled out certificate signed by your landlord (found inside the rent rebate booklet). You must pre-register for a timeslot at the Center.

Lunch & Learn (Cancer Awareness w/UPMC)

Monday, February 23rd
12 - 1PM

Presentation will cover awareness especially with regards to lung cancer and tobacco cessation. Suggested donation of \$3 for ages 60+/\$6 charge for ages 59 and under. Includes lunch and special dessert. Please sign up in the main room.

Hot Dog Day

Tuesday, February 24th
11:30AM - 12:30PM

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

Stretch Workshop

Wednesdays, starting February 25th through March 18th
12 - 12:30PM

Daily stretching can help relieve aches and pains and make everyday movements easier. In this 4 week workshop you will follow along with Ashley learning simple stretching techniques, as well as gentle stretches to do when you wake up or before going to sleep.

Notices

AARP Tax-Aide Program

Assistance to ages 50+, AARP membership **not** required

Monday, February 2nd - Friday, April 10th

Locations

Mondays & Fridays: Beaver Memorial Library - Beaver

Tuesdays: Circle of Friends - Conway

Wednesdays: Mt. Carmel Pres. Church - Aliquippa
and Pathway Church - Chippewa

Saturdays (2/21, 3/14, & 3/28): Circle of Friends - Conway

Must call 724-315-7171 to make an appointment

Friendly Reminders

As flu and cold season approaches, 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. Thank you for your consideration.

The doorbell and camera for our rear entry door is currently not working. We strongly advise participants to use the front entrance to the Center until we can resolve the issue. Those who ride BCTA Shared (DART bus), please call the front desk at 724-774-5654 upon arriving and a staff person will come open the rear door.

Services & Classes

Health and Wellness Services

♦ Balance Assessments (pre-register)

♦ February 3rd 9:30 - 11:30AM

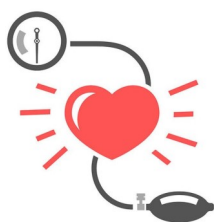
♦ Blood Pressure Screenings

♦ February 17th 10 - 11AM

♦ Hearing Screenings (pre-register)

♦ February 26th 10 - 11:30AM

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



✍ **February 23rd** - Cancer Awareness w/UPMC

✍ **March 30th** - Trualta Caregiver Support w/Beaver County Office on Aging

✍ **April 27th** - Sleep Health w/Peggy Mesing

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

♦ Technology Classes

(sign up sheets in Main Room)

♦ iPhone/iPad Class

4 week class/\$40

Wednesdays 1 - 2:30PM

February 4, 11, 18, & 25 (lvl 1)

March 4, 11, 18, & 25 (lvl 2)

♦ Android Phone Class

4 week class/\$48

Thursdays 1:30 - 2:30PM

(Instructor will contact you to schedule dates)

♦ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

(Instructor will contact you to schedule dates)

♦ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

♦ Tech2Elevate (free tech help)

Mondays 9AM - 1PM

♦ Card Making Class

Thursday, February 19th

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

Group will resume after the holidays. Allows caregivers to share expertise, concerns, or experiences in a safe and supportive environment.

Chess Club

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

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. This is a relaxed, friendly group, always welcoming new members. **Accepting donations of yarn!**

Genealogy Club

Meets first Tuesday of each month from 1 - 3PM. Discuss and exchange resources for discovering your family tree. Club resumes meeting in March.

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. 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 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.

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
Saturdays at 12:30PM

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
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.

Improve Balance & Walking Stability Class

Class begins March 3rd - must pre-register

Tuesday at 2PM & 2:45PM

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM



Health & Wellness

Pantry Staples to Love

Keeping shelf-stable items on-hand means having quick meals at your fingertips, ready for you at any time! These 3 items are heart-healthy and make for delicious and easy meals:

- **Canned tuna.** The American Heart Association recommends eating fish — preferably oily fish that contain omega-3 fatty acids — at least twice a week. Tuna is a classic go-to sandwich maker, but try jazzing it up by adding grated carrot, celery, raisins and curry powder as well as replacing the mayo with fat-free or low-fat plain yogurt. The combo of apples, tuna and a sprinkle of sunflower seeds makes delicious toppings for a green salad. Canned tuna can also be stirred into low-sodium pasta sauce along with some chopped bell peppers or chili peppers and paprika for a Spanish sauce.

- **Canned beans.** Make a salad for lunch or dinner with mixed greens, beans, any vegetables you have and a sprinkle of unsalted sunflower seeds. Microwave a sweet potato and puree it with beans and low-sodium chicken broth for a satisfying soup. For a hearty pasta sauce, saute beans in a bit of olive oil with garlic, add low-sodium tomato sauce and serve over whole-grain pasta. Buy no-salt-added or low-sodium canned beans, and rinse and drain them to remove any excess sodium.

Canned tomatoes. Make a personal pizza with no-salt-added canned diced tomatoes, low-fat mozzarella and fresh vegetables on a whole-wheat pita. Sprinkle with dried oregano and garlic powder. To make quick and easy huevos rancheros, stir together canned diced tomatoes with cumin and chili powder to make a sauce. Then top two stacked corn tortillas with an egg and drizzle with the sauce.

Chocolate Strawberry Fudge

Ingredients

- ½ cup (112g) **coconut oil**, *use refined for no coconut flavor* ½ cup (112g) **coconut oil**, *use refined for no coconut flavor*
- ¾ cup (72g) **cacao powder**, *sift if there are lots of clumps*
- ¾ cup (192g) **creamy almond butter**, *or nut butter of choice – cashew would also work well here*
- ⅓ cup (104g) **maple syrup**, *you can also use honey*
- 1 teaspoon **vanilla extract**, *optional*
- ⅛ teaspoon **salt**, *optional*
- 1 cup **diced fresh strawberries**

Instructions

1. Line a small baking pan with foil or parchment paper – I used a 9×5” loaf pan for a thick fudge. You can use an 8” square pan if you want thinner pieces.
2. Melt coconut oil in a **saucepan** over medium-low heat or in the microwave for about 30 seconds to a minute. Whisk in the nut butter, maple syrup, cacao powder and if using, vanilla extract and salt, into the melted coconut oil until completely smooth.
3. Pour mixture into the prepared pan and smooth it out to an even layer. Pour the strawberries evenly on top, pressing them in slightly. Refrigerate until chilled and firm, about 2 hours.
4. Using a sharp knife, cut into squares. If desired, drizzle with melted dark chocolate. Store in an airtight container in the refrigerator.



February Walking Challenge

This February, we're putting the "love" in self-love — starting with your heart! As we celebrate Heart Month, it's the perfect time to show your heart some TLC by playing Heart Health Bingo. If you would like to join this month's health and wellness challenge please see Ashley in the fitness center to pick up a bingo card with various healthy challenges to complete. All participants will be entered to win a prize!



Trips

Discover Canadian Rockies & Glacier National Park

Trip operated by Collette Travel

August 4 - 10, 2026

\$3999/person (double occupancy)

\$4999/person (single occupancy)

\$3949/person (triple occupancy)

\$698 deposit due at registration

Highlights

Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Lake Louise, Heritage Park Historic Village

Trip also includes

10 meals (6 breakfast, 1 lunch, 3 dinners)

Roundtrip airfare from Pittsburgh Intl. Airport and air taxes, fees, and surcharges

Hotel transfers

Trip cancellation protection is available for \$429.00 per person

Rates valid until February 4, 2026. Final Payment due by May 6, 2026

Passport is required for this trip

Lancaster Theatre Trip

April 21 - 22, 2026 (2 days, 1 night)



\$542/person (double occupancy)

\$625/person (single occupancy)

\$509/person (triple occupancy)

\$497/person (quad occupancy)

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



Highlights

Sight & Sound Theatre to see "Joshua"

Dutch Apple Dinner Theatre to see "Oklahoma"

Roundtrip motor coach transportation

Overnight stay at Best Western Intercourse

Dinner at Hershey Farm Restaurant

All taxes, baggage, and gratuities on included meals

Trip cancellation protection is available. Must fill out separate provided form.

Final Payment due by March 2nd, 2026

Puzzles

Completed puzzle page (all puzzles) can be dropped off at the Center, mailed to the Center, or scanned and emailed to stacie.hastings@lutherseniorlife.org for a chance to win a raffle prize. Deadline is February 28th.

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

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

CANDY		KINDNESS	SECOND	
CARD		PINK	SHADOW	
EQUALITY		PRESIDENTS	SLEDDING	
FOOTBALL		RED	SNOW	
GROUNDHOG		RIGHTS 	VALENTINE	

Special Events



THE GIVING GIRLS
AND
THE CENTER AT THE MALL PRESENT:

Old Hollywood Dance

MARCH 28, 2026 | 5:00-7:00 PM
THE CENTER AT THE MALL

Attire: Hollywood Glamour

PRE-PURCHASE TICKETS AT THE CENTER AT THE MALL
\$5/PERSON

DJ AND LIGHT REFRESHMENTS

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

Healthy Steps For Older Adults

Tuesday, March 3rd

9AM – 1PM

Check in begins at 9:30AM

Ages 60 and over

No charge to attend

Please pre-register by March 20th. Sign up sheet is in the main room.

Complimentary lunch will be served

Please contact 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