

# In The Loop

with the senior scoop

June 2022  
Newsletter

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## Monthly Memo

John Steinbeck once said “In early June, the world of leaf and blade and flowers explodes, and every sunset is different.” Take a moment this month to step back from the rising prices, the politics, the rat race of life and enjoy the little things. Listen to the leaves blow in the wind, smell a blossom, share a sunset with a loved one; summer seems to race by, don’t let it miss you.

On that note, don’t miss out on all the happenings at Center at the Mall this month. Our Blings ‘N Things sale is June 13<sup>th</sup> - 17<sup>th</sup>. Stop in to pick up the perfect item to complement your summer attire. There’s still time to donate if you’re looking to clear out your jewelry box! Speaking of donating, we will be holding our annual flea market in August. Starting in July, you can drop off any gently used items. Lastly, we have scheduled a September trip to the Sight and Sound Theatre. Be sure to look on Page 6 for more details.

Go out, enjoy the sun, and have a safe and happy June.

-Dallas



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

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.

  
**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](http://www.centeratthemall.net)

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

### Center Hours

Monday– Thursday  
8 AM - 7 PM

Friday  
8 AM - 4 PM

(Please note that Center is open to the public on a limited basis. Availability subject to change.)

### 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 Source



## 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](https://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
- Nutritional guides and healthy recipes
- Informative videos regarding healthcare, senior services, healthy living, fraud prevention, and other topics to allow you to stay safe and in the know

## Upcoming Events

### Seniors for Safe Driving

**Monday, June 6<sup>th</sup>**

**9AM - 1PM**

Must pre-register by calling 800-559-4880 or go to [www.seniorsforsafedriving.com](http://www.seniorsforsafedriving.com).

### Root Beer Floats w/Three Oaks Hospice

**Thursday, June 9<sup>th</sup>**

**10:30AM - 12PM**

Stop in for a complimentary Root Beer Float!

### Birthday Lunch Celebration

**Thursday, June 9<sup>th</sup>**

**11:30AM - 1PM**

Special birthday lunch and entertainment provided by “Johnny”! Please pre-register for lunch by signing up at the front desk or calling the Center.

### Blings ‘N Things Sale

**June 13<sup>th</sup> - 17<sup>th</sup>**

Peruse a selection of new and gently used jewelry, scarves, purses, and other items to spice up your summer wardrobe. All proceeds benefit Center programming.

### Hot Dog Day

**Monday, June 13<sup>th</sup>**

**11:30AM - 1PM**

There will be refreshments, snacks, and hot dogs, fresh off the roller for sale.

### Lunch and Learn (Estate Planning with a Focus on Elder Law w/Pittsburgh Elder Law)

**Monday, June 20<sup>th</sup>**

**12 - 1PM**

Pittsburgh Elder Law will be in to discuss the importance of planning ahead with respect to long term care and other elder law issues as you plan your estate. 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 Cong. Room.

### Learn Something New in 2022 (Learn to Cross Stitch)

**Tuesday, June 21<sup>st</sup>**

**10 - 11AM**

Beth Semes will teach a small class how to Cross Stitch! Materials will be provided. Sign up in congregate area!

### Pancake Breakfast

**Tuesday, June 22<sup>nd</sup>**

**8:30 - 10AM**

Piping hot pancakes and bacon for \$2. No reservation needed.

### Medicare Information and Donuts w/Dennis Gabauer

**Thursday, June 30<sup>th</sup>**

**10:30 - 11:30AM**

Dennis Gabauer will be in to discuss Medicare changes and options for this year.

### Pizza Day

**Thursday, June 30<sup>th</sup>**

**11:30AM - 12:30PM**

Enjoy a delicious, hot personal pan pizza and a drink for \$3.

## Trips & Notices

### TRIP UPDATES

- There is no casino trip in June.
- June 22<sup>nd</sup> Flight 93 Trip is full.
- Tickets for July's casino trip will be available June 13<sup>th</sup> (casino not yet determined).
- Now taking reservations for September trip to Lancaster.

### DONATIONS NEEDED!

The Center will be holding its annual Flea Market August 22<sup>nd</sup> - 26<sup>th</sup>. Starting in July we will be accepting donations of all new or gently used items (no clothing please). Please do not bring in items prior to this, we don't have storage space at this time.

**WE NEED YOUR  
TREASURES!**



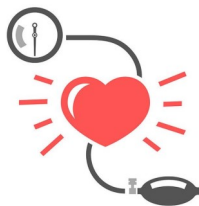
## Services & Classes

### Health and Wellness Services

All services are complementary thanks to various agencies.  
Please be sure to thank them.

#### ♦ Blood Pressure Screenings

- ♦ June 1<sup>st</sup> 10:30AM - 12:30PM
- ♦ June 14<sup>th</sup> 10:30AM - 12PM
- ♦ June 16<sup>th</sup> 10 - 11AM
- ♦ June 24<sup>th</sup> 10AM - 12PM
- ♦ June 28<sup>th</sup> 10:15AM - 12PM



Friendly reminder that 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

Classes resume in September

##### ♦ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

June 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>

July 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>

##### ♦ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

#### ♦ Organ Class

Wednesdays

10 - 11AM

(nominal fee paid to instructor)

#### ♦ Card Making Class

Thursday, June 9<sup>th</sup>

3:30 - 4:30PM



- ✍ **June 20<sup>th</sup>** - Lunch & Learn (Estate Planning with a Focus on Elder Law w/Pittsburgh Elder Law)
- ✍ **July 25<sup>th</sup>** - Lunch & Learn (Self Care w/UPMC Work Partners)
- ✍ **August 29<sup>th</sup>** - Lunch & Learn (Are Your Medications Causing Nutrient Deficiencies w/Health Hut)

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**

Every Thursday from 10 - 11AM (starts June 23<sup>rd</sup>) join Paul Kamzelski to study and 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¢).

### **Bridge Club**

Every Monday from 12 - 3PM bridge club meets. Always looking for new members.

### **Bunco League**

Bunco meets from 2 - 4PM on the second Tuesday of each month. Bunco is an easy to learn group game involving dice and the chance to win cash prizes! Buy in is \$5 and payouts are based on the number of players. Reservations are not required!

### **Café Area**

Coffee, tea, and water available daily. Donation of \$1 is appreciated.

### **Chess Club**

Club meets every Tuesday 10AM - 12PM. All skill levels welcome. Chessboards 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 looking for new members. **The club is requesting donations of yarn.**

### **Jukebox**

Thousands of songs to choose from. Plenty of oldies, country, and classic rock. There is no charge to play songs, please be respectful of others' song selections.

### **Library (located in computer lab)**

Choose from a variety of books, please return any that you borrow. No sign-out, use the honor system.

### **Mah Jongg Club**

Thursdays from 12:30 - 3PM. Note: this is not the tile matching game which clears the board. Center does not provide tile sets.

### **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 sign up on the whiteboard by the tables and wait your turn. All skill levels are welcome.

### **Shuffleboard Club**

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





## Fitness Center Memberships

Do you have SilverSneakers? 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

### 50 and Over: Punch Pass (12 uses)

\$25.00

## Member Exercise Classes

Member exercise classes are SilverSneakers and Punch Pass eligible.

### Chair Volleyball Class

Tuesday & Thursday at 11AM

Wednesday at 1PM

### 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.

### Parkinson's Exercise Class

Thursday at 11AM

### Line Dancing

Wednesday 10AM & Friday at 10:30AM

### Beginner's Line Dancing

Friday at 10AM



## Upcoming Events

### Overnight Trip to Sight and Sound Theatre in Lancaster, PA To see "DAVID"



**September 20 - 21, 2022**

**\$310/person (double occupancy)**

**\$380/person (single occupancy)**

\$50 deposit due at registration

Final payment due Friday, August 5<sup>th</sup>

#### **Trip includes**

Round trip motor coach transportation

1 night accommodation at the Tru by Hilton Hotel

1 great breakfast

1 delicious Amish style feast

Visit to the Bird-In-Hand Farmers Market

Visit to Kitchen Kettle Village

Visit to the Tanger Outlets

Taxes, meal gratuities & baggage handling

Reserve seating for "David"

\*\*Trip cancellation protection is available for \$29.00 per person\*\*

\*\$50.00 deposit due upon reservation. Final Payment due by August 5, 2022\*

No refund of deposit. No refund without trip insurance.

## Farmers Market Vouchers Information

Farmers Market vouchers are available to low income adults that will be age 60 prior to December 31, 2022. Vouchers WILL NOT be available until the dates listed below. Proxy forms will be available in the June Beaver County Senior News. Please be sure to bring a photo ID to one of the community or farmers market locations listed below to receive your vouchers.

#### **Community Locations**

##### **St. Blaise Roman Catholic Parish**

772 Ohio Ave, Midland, PA 15059

Friday, June 17<sup>th</sup> 10AM - 2PM

##### **Mt. Carmel Evangelical Presbyterian Church**

2720 Brodhead Rd, Aliquippa, PA 15001

Monday, June 20<sup>th</sup> 1 - 4PM

##### **Circle of Friends - Baden**

371 Linmore Ave. Baden, PA 15005

Tuesday, June 21<sup>st</sup> 10AM - 2PM

##### **Circle of Friends - New Brighton**

1851 3<sup>rd</sup> Ave New Brighton PA, 15074

Friday, June 24<sup>th</sup> 10AM - 2PM

##### **Aliquippa City Veterans Services**

581 Franklin Ave, Aliquippa, PA 15001

Friday, July 8<sup>th</sup> 10AM - 2PM

#### **Farmers Market Locations**

##### **Beaver Falls (Behind Brodhead Apartments)**

712 12<sup>th</sup> St, Beaver Falls, PA 15010

Monday, June 13<sup>th</sup> 3:30 - 6:30PM

##### **Chippewa (United Methodist Church Lot)**

2545 Darlington Rd, Beaver Falls, PA 15010

Tuesday, June 14<sup>th</sup> 3:30 - 6:30PM

##### **Ambridge (St. Mary's Byzantine Lot)**

624 Park Rd, Ambridge, PA 15003

Thursday, June 16<sup>th</sup> 4 - 7PM

##### **Beaver (Court House Parking Lot)**

810 4<sup>th</sup> St. Beaver PA, 15009

Saturday, June 18<sup>th</sup> 10AM - 1PM

##### **New Brighton (Diamond Milling Site)**

313 5th Ave. New Brighton, PA 15066

Tuesday, June 21<sup>st</sup> 3:30 - 6:30PM

## Healthy Tip and Recipe

### How to Save Money at the Grocery Store

Saving money at the grocery store is one of the easiest ways to make your limited budget stretch further. You can do this by applying a variety of cost saving tricks and tips that only take a few minutes to do.

**Rethink “Dinner”:** If the word *dinner* makes you picture a big homemade meal with a nice cut of meat, two steaming sides of fresh veggies, a warm loaf of bread, and a chocolate dessert—try to be more creative. Supper doesn’t have to be a big feast. You can save money by serving BLTs, beans, omelets, or a big salad a few times a week. Eggs are cheap and you can whip them up into different dishes like frittatas and quiches. Or keep it simple with some egg salad sandwiches. Beans and lentils can be substituted for half the ground meat in dishes like meatloaf, meatballs, and sloppy joes. Also try have a “meatless” meal a couple times a week.

**Take Inventory:** Look through your pantry, freezer, and refrigerator to see what kinds of meals you can make with the ingredients you have at home. Dust off your old cookbooks or search the internet for recipes using these foods. You might still need to buy a few items, but you’ll save *a lot* by using food you already have.

**Make a List and Stick to It:** Once you have determined the food you have at home, check the grocery store flyers for sale items you can add to those items to make your own meals. Make a meal plan for the week and a list of what you need from the store. Don’t impulse buy once you get there. Processed foods tend to be more expensive and can quickly run up your grocery bill.

**Make Extra Meals and Freeze Them:** When you prepare a meal, double the recipe and freeze the extra portion. This will not only save you money, but also time. You can find several recipes online for “freezer meals” that can be prepared and frozen until you are ready to serve them. This is especially helpful when you purchase meat or other items on sale.

**Avoid Waste:** Throwing away food is just like throwing away money. Start by not buying more than you will eat. If you do buy too much freeze it or find a recipe you can use it in. Eat leftovers for lunch or share them with a friend.

### Double Bean Spinach Feta Burgers

#### INGREDIENTS

- 1 can black beans, rinsed
- 1 can white beans, rinsed
- 1/4 cup onions, chopped small
- 1 teaspoon butter
- 1 tablespoon olive oil and enough for burger sautéing
- 2 tablespoon red peppers, minced
- 2 cups spinach
- 1 teaspoon Montreal Steak Seasoning
- 1 egg
- 2/3 cup plain bread crumbs
- 1/2 cup crumbled feta

#### INSTRUCTIONS

1. In a large skillet, melt butter and 1 tablespoon olive oil over medium heat. Add onions and sauté for 5-6 minutes or until translucent. Add in the spinach and cover. Cook on medium heat for 3-5 minutes or until the spinach is wilted. Remove from heat and allow to cool.
2. Take 1 1/2 cups of each type of beans and mash in a large bowl. Add in the remaining whole beans, red peppers, seasoning, egg, bread crumbs, feta, and cooled onion & spinach mixture.
3. Mix until combined. \*Note – it will be sticky so if you want, lightly wet your hands with water as you mix. Just be sure not to add water to the mixture. Form into 6-8 patties, depending on how big you want them.

#### SKILLET METHOD

1. Add enough olive oil to the bottom of the pan with the heat set to medium-high.
2. When the oil is hot enough, add the patties in leaving a 1” space between them. Cook for 4-5 minutes or until the bottom has a nice golden brown crispy crust. Flip and cook for 4-5 minutes or until it has a nice golden brown crispy crust.

#### OVEN-BAKED METHOD

1. Set your oven to 375. Once patties are made, lightly coat them with olive oil.
2. Put them on a foil-lined baking sheet. Bake for 15 minutes, flip and continue baking for another 15 or until they are golden brown and crispy.

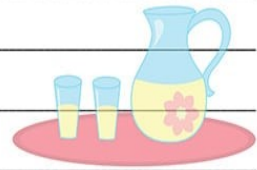


## Puzzles

Completed puzzle page (all puzzles) can be dropped off at the Center, mailed to the Center, or scanned and emailed to [dallas.kerr@lutheranseniorlife.org](mailto:dallas.kerr@lutheranseniorlife.org) for a chance to win a raffle prize. Deadline is June 30<sup>th</sup>.

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## Notice

### Café Reconstruction

**Construction has started on the café area. Below is some information to help members be prepared for upcoming changes to activities and scheduling.**

- A temporary dividing wall is in place to separate the construction area from the congregate room. For safety reasons, members are not to enter through this wall into the construction area under any circumstance!
- Coffee, tea, and water will still be available, located on a table in the congregate room.
- Both pool tables are operational. They have been moved slightly.
- Schedule of activities that utilize the congregate room (volleyball, bingo, line dancing) has not been affected.
- Library has been moved to Computer Lab. Please be mindful and do not enter if a meeting or class is occurring in the room.
- Noise from construction may disrupt some activities on occasion. We ask you to be understanding and patient.
- Flooring of entire congregate room will be replaced after café construction is complete. Please stay tuned for updates regarding schedule changes to accommodate this.
- If you have questions or concerns, please ask a CATM staff member, do not disrupt the construction crew. The fewer interruptions they experience, the quicker the café will be completed and useable.