

# In The Loop

with the senior scoop

## INDEX

Upcoming Events.....pg.2  
 Notices, Services, & Classes.....pg.3  
 Clubs, Groups, & Amenities.....pg.4  
 Fitness Center & Classes.....pg.5  
 Health & Wellness.....pg.6  
 Special Events.....pg.7  
 Puzzles & Fundraiser.....pg.8



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



## Monthly Memo

I am hopeful the majority of the snow and frigid temperatures are in the rear view mirror. January and February were brutal, to say the least. I am more than ready for spring and hopefully seeing a sky that isn't gray for once.

Gray skies or blue, there are plenty of upcoming events at the Center to brighten your day. Our March Healthy Steps for Older Adults class is full, but April's has plenty of seats. Please refer to page 7 for more details. This is a wonderful, educational program to help prevent falls and the Center earns \$100 for each participant! Reminder that due to the class, there will be no exercise classes on March 3<sup>rd</sup>. Tickets are selling fast for the Hollywood Glamour Dance on March 28<sup>th</sup>. It promises to be a lovely evening of music, dancing, refreshments, and stylish outfits. Speaking of lovely evenings, our Spaghetti Dinner Fundraiser is back. Grab your tickets before they sell out (they always do) and stop in for delicious meal, live entertainment, raffles, and wonderful time spent with family and friends. Lastly, make sure to check page 7 for a list of upcoming spring events and mark your calendars.

This month's food for thought. Voice your feelings when something upsets you. Holding everything in only leads to a volcano of emotion or outburst at some point. It's usually better to confront someone on an issue than to let it build. You'll often find that the other person was unaware they upset you or that a simple conversation can iron out your differences. Small fires are easier to extinguish than infernos. Have a safe and happy March.

-Dallas

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: April 3<sup>rd</sup>





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



**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, March 3<sup>rd</sup>**

**9AM - 1PM**

If you signed up for the March Healthy Steps class, please arrive at the Center by 8:30AM for check in. If you missed the sign up, we will be holding our next class on April 2<sup>nd</sup>, please sign up in the Main Room.

**Stretch Workshop**

**Wednesdays, starting March 4<sup>th</sup>, 11<sup>th</sup>, & 18<sup>th</sup>**

**12 - 12:30PM**

Daily stretching can help relieve aches and pains and make everyday movements easier. In this 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. No pre-registration required.

**Hot Dog Day**

**Tuesday, March 10<sup>th</sup>**

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

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

**Birthday Lunch**

**Thursday, March 12<sup>th</sup>**

**11:30AM - 1PM**

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

**Pancake Breakfast**

**Monday, March 16<sup>th</sup>**

**8:30 - 9:30AM**

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

**St. Patrick's Day Social**

**Tuesday, March 17<sup>th</sup>**

**11AM - 12PM**

Don your brightest green attire and shamrocks and join us for a fun hour of Irish music and delicious punch.

**Old Hollywood Dance - Sponsored by Two Giving Girls**

**Saturday, March 28<sup>th</sup>**

**5 - 7PM**

The Center has partnered with Two Giving Girls to put on a lovely evening dance with an Old Hollywood Glamour Theme. This promises to be a wonderful night of music, dancing, and refreshments. Tickets are \$5, please stop at the front desk for more information.

**Lunch & Learn (Trualta Caregiver Support w/BCOA)**

**Monday, March 30<sup>th</sup>**

**12 - 1PM**

Presentation will cover utilizing the Trualta platform to assist and educate caregivers on ways to take care of older adults. 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.

Notices

**Newsletter Ad Space**

(The Center at the Mall newsletter is distributed to over 4000 people via email each month, as well as 600 printed copies. It provides a great method of advertising your business or service, while supporting our programming.)

- 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 presentations, council meetings, counseling, etc.)

- Room 1 - \$60
- Room 2 - \$100
- Room 4 - \$25

**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.

Please do not park in the alcove at the rear entrance to the Center. This area is for deliveries, DART bus drop offs, and our Home Delivered Meal program vehicles. The Beaver Valley Mall reserves the right to tow any vehicle that is parked improperly.

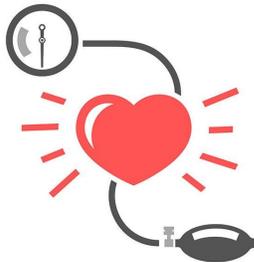
Services & Classes

**Health and Wellness Services**

◆ **Blood Pressure Screenings**

- ◆ March 17<sup>th</sup> 10 - 11AM
- ◆ March 25<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.



◆ **Technology Classes**

(sign up sheets in Main Room)

- ◆ iPhone/iPad Class  
4 week class/\$40  
Wednesdays 1 - 2:30PM  
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, March 19<sup>th</sup>  
3:30 - 4:30PM  
(Supplies provided, must pre-register)



- ✍ **March 16<sup>th</sup>** - Healthy Tips for Aging Well w/Rosann Cunningham (Make up for January's)
- ✍ **March 30<sup>th</sup>** - Trualta Caregiver Support w/Beaver County Office on Aging
- ✍ **April 27<sup>th</sup>** - Sleep Health w/Peggy Mesing
- ✍ **May 18<sup>th</sup>** - Nutrition Education w/Lindsay Koach

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¢).

### 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. 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.

### 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. 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

No Volleyball March 28<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

### 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.

### Beginner's Line Dancing

Friday at 9:30AM (begins April 3<sup>rd</sup>)

### Line Dancing

Wednesday & Friday at 10AM

### Parkinson's Exercise Class

Thursday at 11AM



## Health & Wellness

### Eating the Rainbow

March is National Nutrition Month! Eating the rainbow for National Nutrition Month means consuming a diverse, vibrant range of fruits and vegetables. Colorful meals are more than just nice to look at, they're essential for your health. Eating a variety of colors helps keep your body strong, your mind sharp, and your energy high, with unique benefits that make eating fruits and vegetables both fun and nutritious. Nourish your body with a variety of colors, each shade brings different vitamins and minerals to help you feel your best.



- **Support your immune system** - foods like strawberries, bell peppers, and citrus fruits are packed with vitamin C.
- **Help your heart** - foods like beets, pomegranates, and berries are rich in heart-healthy antioxidants.
- **Reduce inflammation** - leafy greens, cherries, and tomatoes have natural compounds that help fight inflammation.
- **Protect your eyes** - carrots, sweet potatoes, and squash provide nutrients that support vision.
- **Keep your digestion on track** - foods like spinach, apples, and radishes provide fiber to help keep your gut healthy.
- **Give your brain a boost** - spinach, kale, and blueberries are packed with nutrients that support focus and memory.
- **Fuel your energy and recovery with bright and bold colors** - foods like bananas, bell peppers, and watermelon help replenish and refresh your body.

### Rainbow Salsa

#### Ingredients

- 3 roma tomatoes, cored and diced
- 1-2 jalapeno peppers, stems removed, seeded and diced (add more/fewer to taste)
- 1 large red bell pepper, cored and diced
- 1 large orange bell pepper, cored and diced
- 1 large yellow bell pepper, cored and diced
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can whole kernel corn, drained
- 1 cup chopped fresh cilantro, loosely-packed
- 2/3 cup chopped red onion (about half of a small red onion)
- 2 tablespoons freshly-squeezed lime juice (about 1 large lime)
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt



#### Instructions

1. Combine the tomatoes, jalapeno, bell peppers, black beans, corn, cilantro, and red onion in a large bowl.
2. In a separate bowl, whisk together the lime juice, garlic powder, cumin, and salt until combined. Add the juice to the bowl of salsa. Then toss everything until combined.
3. Serve immediately, or cover and refrigerate for up to 48 hours.

## 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

Thursday, April 2<sup>nd</sup>

9AM – 1PM

Check in begins at 8:30AM

Ages 60 and over

**No charge to attend**

Please pre-register by March 24<sup>th</sup>. 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

## Save the Date!

Below is a list of upcoming events at Center at the Mall. More details to follow in April and May newsletters. Tickets and sign-ups are not yet available for these events.



### Mother's Day Tea

Saturday, May 9<sup>th</sup>  
1 - 3PM

### Senior Day at the Mall

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



### Art Exhibition

May 28<sup>th</sup> - 30<sup>th</sup>

### Blings 'N Things Sale

June 9<sup>th</sup> & 10<sup>th</sup>  
Donations due by June 2<sup>nd</sup>



## 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](mailto:stacie.hastings@lutheranseniorlife.org) for a chance to win a raffle prize. Deadline is March 31<sup>st</sup>.

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

✦ WORD SCRAMBLE ✦

1. CRLENPAEUH \_\_\_\_\_
2. AIOWRNB \_\_\_\_\_
3. AHSMKCRO \_\_\_\_\_
4. HMRAC \_\_\_\_\_
5. ARDLIEN \_\_\_\_\_
6. GNERE \_\_\_\_\_
7. CYLKU \_\_\_\_\_
8. ODRNCE EBEF \_\_\_\_\_
9. TPO FO DLGO \_\_\_\_\_
10. ONDRTIATI \_\_\_\_\_
11. DAPARE \_\_\_\_\_
12. IGJ \_\_\_\_\_



## Fundraiser

# Spaghetti Dinner Fundraiser

Join us for a Spaghetti Dinner Fundraiser hosted by the Senior Center at the Mall! This special event will take place on Wednesday, April 15, 2026 from 5:00 to 6:30 PM, with takeout available starting at 4:30 PM. All proceeds from this event benefit Center programming and activities.

Enjoy a delightful evening featuring Live DJ/Karaoke Entertainment, a delicious Spaghetti and Meatball Dinner, Side Salad, Italian Bread, Beverage, and your choice of Homemade Dessert. Tickets are \$10 per person and must be pre-purchased at the Center. Only 160 tickets will be sold, so be sure to get your tickets early! Do not wait to purchase tickets at the door, this event will sell out ahead of time.

