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Monthly Memo

May was a wild month. So many events took place at the Center and I want to take a moment to sincerely thank each of my staff as well as all of our volunteers for their tremendous efforts to ensure everything turned out amazingly. We are down a couple employees at the moment, and the extra effort by everyone was the only way we made it through a roller coaster of a month. Staff who worked extra shifts, volunteers who worked every event, members who stopped what they were doing to come over to lend a hand; it is your efforts that make the environment here one I am proud to call my home away from home. Thank you.

On to June! While it promises to be a relaxing month compared to May, there are still a lot of fun activities to be had. A fall overnight trip to Seneca Niagara Casino is now on sale, see page 7 for more details. Our Blings n Things sale returns in all its glittering glory, June 9th & 10th. For the dancers out there, our evening Patriotic Dance on June 18th promises to be a blast. Lastly, the summer Bonanza Bingo is back on June 23rd with cash prizes, giveaways, raffles, and much more. Don't wait til the last minute to get your ticket.

This month's food for thought. Tying into the chaos of May and how thankful I am that it all turned out wonderfully, I want to remind everyone that our most stressful stretches can end up being our most rewarding. While I am grateful that May events are in the rear view mirror, I'm also proud of what our team can accomplish and knowing that the 'family' of staff and members alike never hesitate to band together and conquer any challenge. With caring, like-minded people, any mountain can be scaled. Have a lovely June.

-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: July 10th

(Center is closed the first Friday of July)



Unit 284 Beaver Valley
Mall
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
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

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

Blings N Things Sale

Tuesday, June 9th & Wednesday, June 10th

9AM - 3PM

Shop a variety of items to spice up your wardrobe for the summer. All proceeds benefit Center at the Mall programming.

Birthday Lunch Celebration w/Insurance Services of Zelienople

Thursday, June 11th

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, June 15th

8:30 - 9:30AM

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

Dehydration w/Red Lion Home Care

Wednesday, June 17th

12 - 1PM

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

Patriotic Dance

Thursday, June 18th

5:30 - 7:30PM

Join us for a celebration of the 250th signing of the Declaration of Independence with a Patriotic themed dance. Don your red, white, and blue and dancing shoes and enjoy a night of good music and light refreshments. Tickets are \$5, please pre-purchase at the front desk.

Bonanza Bingo

Tuesday, June 23rd

12 - 2PM

Cash prizes, raffles, door prizes, refreshments, and loads of fun. Join us for our annual summer bingo bonanza. Tickets are limited so don't hesitate to sign up. Tickets purchased before June 18th are \$18, \$20 after that date.

Hot Dog Day

Tuesday, June 25th

11:30AM - 12:30PM

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

Lunch & Learn (Hearing & How it Relates to the Brain w/Sim's Hearing & Wellness)

Monday, June 29th

12 - 1PM

This presentation will cover hearing and its relation to cognition. 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.

Notices

Blings N Things Sale

June 9th & 10th

Acceptable donations include new or lightly worn jewelry, scarves, ties, purses, belts, watches, and other accoutrements. Please no clothing or shoes. Donations accepted until Wednesday, June 3rd.



Center Closings

Friday, July 3rd

&

Saturday, July 4th

In observance of
Independence Day

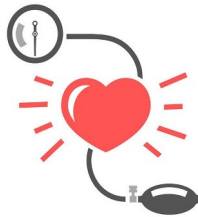
Services & Classes

Health & Wellness Services

Blood Pressure Screenings

- ♥ June 18th 10 - 11AM
- ♥ June 24th 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

June 29th - Hearing and How it Relates to the Brain w/Sim's Hearing & Wellness

July 27th - Nutrition w/Peggy Mesing

August 31st - (Your Life, Your Legacy Seminar w/Saul - Gabauer Funeral Home and Sylvania Hills Memorial Park)

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

Resumes in September

Android Phone Class

4 week class/\$48

Thursdays 1:30 – 2:30PM

Call 724-622-7245 for more info.

Computer Class

4 week class/\$48

Tuesdays 1:30 – 2:30PM

Call 724-622-7245 for more info.

Technology Services

Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

Tech2Elevate (free tech help)

Mondays 9AM - 1PM

Card Making Class

Thursday, June 11th 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.

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.

Hearts in Harmony Chorus Club

Meets every Tuesday 1 - 3PM. Instruction provided by Karl Chapple. **No meeting June 23rd.**

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

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 June 23rd

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

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM



Health & Wellness

The Importance of Stretching

Stretching may not get as much attention in the fitness world as other forms of exercise, but it's worth doing regularly. Just a few minutes of stretching two to three times a week can make a big difference. Over time, you may notice that you feel less tight and achy, and better able to do the things you love. Always be sure to check in with your health provider before starting a new exercise program, especially if you have a health condition or an injury. Here are some reasons why you should take a few minutes to stretch each day:

- 1. Increases Range of Motion: Our joints naturally lose flexibility as we age, which can make everyday tasks more challenging. Everything from getting out of bed to sweeping the floor requires flexible joints and muscles. Flexible muscles can help you stay mobile and independent as you age.
- 2. Boost Balance: As we lose the ability to balance, we're more likely to fall. Regular stretching can help you improve balance and walking ability.
- 3. Improves Heart Health: Stretching may boost blood flow to your muscles, which can keep arteries more flexible. Flexible, elastic arteries help prevent high blood pressure, which is a leading cause of heart disease and stroke. Research has shown that adults who stretched regularly had lower heart rates and blood pressure.
- 4. Relieves Joint Pain: A consistent stretching routine can help decrease muscle and joint pain. For best results, combine your stretching with low-impact physical activity like walking, swimming, or biking.

Cucumber Salad

Ingredients

- 2 English cucumbers, very thinly sliced
- ½ large red onion, very thinly sliced
- ¼ cup white wine vinegar
- 1 tablespoon honey or agave nectar
- 1 teaspoon sea salt
- 2 tablespoons chopped fresh dill
- Chopped fresh chives, for garnish (optional)
- Freshly ground black pepper



Instructions

1. In a large bowl, toss together the cucumber, onion, vinegar, honey, and salt. Chill for 20 minutes.
2. Transfer to a serving bowl, leaving any excess water behind. Sprinkle with the dill and chives, if desired. Season with several grinds of pepper and serve.

June Exercise Challenge

Want to challenge yourself to add some extra movement or a new activity into your daily routine? Join us for this month's health and wellness challenge! Participants will complete activities on a bingo card to be entered to win a prize. Pick up a card from Ashley in the fitness center if you would like to participate.



Special Events

Casino Niagara Overnight Trip

September 22 - 24, 2026 (3 days, 2 nights)

\$475/person (double occupancy)

\$655/person (single occupancy)

\$465/person (triple occupancy)

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

Highlights

Overnight stay at Casino Niagara Resort & Casino

Casino Bonus \$100 Free Slot Play & \$40 Dining Dollars*

American-side Niagara Falls, shopping, and wonderful restaurants within walking distance

Round-trip motor coach transportation

Includes taxes, luggage handling, and gratuities

Tickets go on sale Monday, June 1st.

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

*Casino Bonus subject to change without notice.

Final Payment due by July 29th, 2026

Bonanza Bingo

Tuesday, June 23rd
12 - 2PM

\$18 Entry Fee if you register at the Center
prior to June 18th

\$20 Entry Fee after June 18th

Event Includes

12 Games (8 Regular, 3 Specials, Coverall)

2 Lightning Bingo Rounds

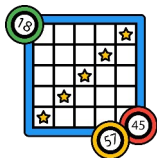
Cash Bingo Prizes

Door Prizes

Refreshments

50/50 Drawing

Lottery Ticket Drawing



Patriotic Dance

Thursday, June 18th
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!

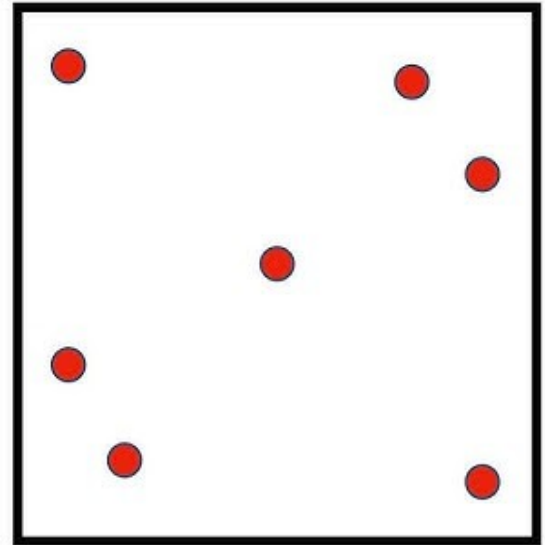


Puzzles

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

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

DRAW
three straight **lines** that
 divide the box in **such** a
 way **so that each** division
 only **has** one **DOT** .



Tech Events

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; fliers with more details are posted in the Main Room and on Facebook. Please sign up in the Main Room for one of the 1-hour time-slots for each program.

Explore the US National Parks & Canada

Monday, June 1st 10AM, 11AM, or 12PM

Mindfulness Meditation Monday

Monday, June 8th 10AM, 11AM, or 12PM

Memory Lane

Monday, June 15th 10AM, 11AM, or 12PM

The World of Golf

Monday, June 22nd 10AM, 11AM, or 12PM

Take a Vacation: Beaches

Monday, June 29th 10AM, 11AM, or 12PM

Wednesday Wonder Lab (no registration)

Wednesdays, 9AM – 1PM