

In The Loop

with the senior scoop

January 2026
Newsletter

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Monthly Memo

Happy New Year! I'm looking forward to another year of wonderful events, happy memories, and new experiences. I know that winter can be a dreary time, but I encourage you to look through this newsletter and pick a few activities to attend to get out of the house and stay active.

If you're looking for something to take home, our Cure Your Winter Boredom sale has a trove of puzzles, books, games and other items to help you pass the time and keep your brain engaged. Interested in a more proactive approach to your health? The Chronic Disease Self Management program, taught by our staff, will educate you on recognizing and dealing with chronic illness. The Bone and Joint Health class taught by UPMC is a wonderful program to keep you balanced and on your feet. Lastly, our Lunch and Learns provide various nutrition and exercise tips to help you plan a healthy daily routine. Dates and times for all of these activities are listed within.

If you're a traveler, please review Page 9, highlighting our upcoming bus trips for 2026. Tickets for the Lancaster trip go on sale January 5th, so be sure to reserve your seat as soon as possible. Full details for Lancaster trip on Page 7.

Lastly, some food for thought. January is often the month where resolutions and goals are planned and sadly often abandoned. Remember, it is important to try different things to better yourself. However, it is equally important to set reasonable timelines and targets. If you want to run a marathon, start with a daily walk. If you want to lose weight, start with a side order of vegetables in place of fries with your burger instead of feeling obligated to choose the seaweed salad. Pace yourself, recognize your little accomplishments instead of only looking towards the ultimate goal, and don't let one failure be your stopping point. Happy January.

-Dallas




**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



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

Stuff Care Packages for Deployed Military w/Pittsburgh Cares

Tuesday, January 6th

10AM - 12PM

Pack bags to be sent to deployed military. Sign up in Main Room.

Bone & Joint Health Classes w/Wellness Center for Bone & Joint Health at Magee

Wednesdays, January 7th - February 4th

12 – 1PM

Experts from UPMC Magee will be leading classes to educate older adults on osteoporosis, osteoarthritis, nutrition, and topics related to bone and joint health. Sign up in the Main Room.

Paper Valentine Flowers Craft w/Marsha

Thursday, January 8th

10AM - 11AM

Make a beautiful paper bouquet for someone you love or for yourself. Cost is \$3 for three flowers. Sign up and pay at the front desk.

Birthday Lunch Celebration

Thursday, January 8th

11:30AM - 1PM

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

Pancake Breakfast

Monday, January 19th

8:30 - 9:30AM

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

Lunch & Learn (Pelvic Floor Physical Therapy w/Jamie's Physical Therapy)

Monday, January 19th

12 - 1PM

This is a make up presentation for the cancelled December Lunch and Learn. Presentation will cover information on treatment for the pelvic region. 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.

Cure Your Winter Boredom Fundraiser

Tuesday, January 20th - Wednesday, January 21st

9AM - 3PM

Browse books, puzzles, music, and games for a “cure” to winter boredom and to support the Center!

Lunch & Learn (Healthy Tips for Aging Well w/Rosann Cunningham)

Monday, January 26th

12 - 1PM

Presentation will cover nutrition tips, exercise routines, and habits to support positive mindset and mood. 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, January 27th

11:30AM - 12:30PM

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

Notices

HOLIDAY HOURS

Center closes at 4PM

Wednesday, December 31st

Center is closed

Thursday, January 1st

As winter approaches, we remind everyone that no activity is worth risking a trip in inclement weather. Please stay home if it is too cold or icy. Safety is always the top priority. Be sure to check our Facebook page for possible closings due to weather.

Friendly Reminder

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.



Services & Classes

Health and Wellness Services

◆ Balance Assessments (pre-register)

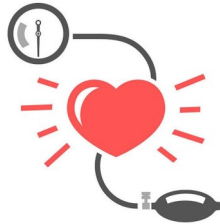
◆ January 15th 9:30 - 11:30AM

◆ Blood Pressure Screenings

◆ January 14th 10AM - 12PM

◆ January 20th 10 - 11AM

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

February 4, 11, 18, & 25

◆ 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, January 15th

3:30 - 4:30PM

(Supplies provided, must pre-register)



✍ **January 19th** - Pelvic Floor Physical Therapy w/Jamie's Physical Therapy (Make up for cancellation in December)

✍ **January 26th** - Healthy Tips for Aging Well w/Rosann Cunningham

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

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

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

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.

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!**

Game Time

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

Genealogy Club

Meets first Tuesday of each month from 1 - 3PM. Discuss and exchange resources for discovering your family tree. Club is taking a break until spring.

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.

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM



Health & Wellness

Winter Wellness

Embracing winter wellness is not only about staying warm but also about maintaining an active and healthy lifestyle. Here are a few tips to help you stay healthy, active, and in high spirits this month!

- ❑ **Stay Hydrated:** While reducing water intake in colder weather might be tempting, staying hydrated is essential. Drinking plenty of water and consuming foods with high water content, such as fruits and vegetables, contribute to hydration.
- ❑ **Indoor Exercise Routine:** Chair exercises, gentle yoga, or a daily home walk can help maintain flexibility, improve circulation, and enhance mood. Engaging in these activities regularly can contribute to overall well-being and promote a healthy lifestyle.
- ❑ **Mindfulness and relaxation:** Meditation, deep breathing exercises, or engaging in hobbies can contribute to a positive mindset and emotional well-being. Participating in social activities and connecting with others can also help combat feelings of isolation and improve mental health.
- ❑ **Regular health check-ups:** Scheduling routine visits to healthcare professionals can help monitor health conditions, address concerns promptly, and ensure that medications are adjusted if needed. Maintain good health and overall well-being by staying proactive about your health.
- ❑ **Take a walk outdoors:** While staying warm is important, a bit of fresh air can do wonders for both physical and mental well-being. Bundle up in layers and take a short walk outdoors, weather permitting. Exposure to natural light can help regulate sleep patterns and boost mood. Spending time in nature has been shown to reduce stress and improve cognitive function.
- ❑ **Connect with loved ones:** Social connections are crucial for mental and emotional well-being. Engaging in hobbies, joining community groups, or participating in volunteer activities can provide opportunities for social interaction and a sense of belonging.



January Walking Challenge

Challenge yourself to get some extra steps in by joining our January Walking Challenge! Each mile walked will be one step closer to winning a prize! Please see Ashley in the Fitness Center if you would like to participate.

Spinach and Feta Stuffed Sweet Potatoes

Ingredients

- 4 medium sweet potatoes
- 2 cups fresh spinach, chopped
- 1/2 cup feta cheese, crumbled
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional toppings: Greek yogurt or sour cream

Instructions

1. Preheat the oven to 425°F (220°C).
2. Pierce sweet potatoes with a fork and place them on a baking sheet. Bake for 45-60 minutes, or until tender.
3. While the sweet potatoes are baking, heat olive oil in a skillet over medium heat. Add chopped spinach, garlic powder, salt, and pepper. Cook until spinach is wilted.
4. Remove the skillet from heat and stir in the crumbled feta cheese.
5. Once the sweet potatoes are done, let them cool slightly, then slice them open and fluff the insides with a fork.
6. Fill each sweet potato with the spinach and feta mixture. Serve warm, with Greek yogurt or sour cream if desired.



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 January 31st.

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



BITTER
BLIZZARD
CALENDAR
CELEBRATION
FIREPLACE
FREEZING
FROST
FROSTY
HIBERNATION
HOLIDAY
HOT CHOCOLATE
ICICLE
INDOOR
JANUARY
MITTENS
MLK DAY
NEW YEAR
PARKA
POLAR
RESOLUTION
SCARF
SKIING
SLEDDING
SNOWFLAKE
SNOWMAN
SWEATER
WINTER

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Special Events

Cure Your Winter Boredom Fundraiser

January 20th - 21st

9AM - 3PM

Need something to read while you stay out of the cold? Looking for an activity to keep the grandkids entertained when they visit? Stop and peruse hundreds of books, games, puzzles, and other items. All fundraiser proceeds support the Center's programs.



Chronic Disease Self-Management Program

Classes will be every Friday beginning February 20th and run until March 27th. Preregister by February 13th

Time: 10:00AM – 12:30PM (Lunch will be provided)

The tools you need to manage your chronic disease.

Taught by CATM staff: Lori Kennedy & Stacie Hastings

This program will cover conditions such as:

Arthritis Asthma Diabetes Stroke Lung
disease Heart disease Osteoporosis

Participants will learn:

- Appropriate exercises for maintaining and improving strength, flexibility, and endurance
- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- How to communicate effectively with family, friends, and health professionals
- Appropriate use of medications
- How to pace activity and when to rest
- How to evaluate new treatments
- Nutrition tips

Sign up at the Center to register for this complimentary six-week program

2026 Upcoming Bus Trips

Annual Sight and Sound Theatre Trip

April 21st - 22nd (tickets on sale January 5th)

This trip includes: transportation, “Joshua” at Sight and Sound Theater, dinner at Hershey Farm Restaurant, overnight stay with breakfast at Best Western, shop at Lil’ Country Store, lunch, and show “Oklahoma” at Dutch Apple Dinner Theatre

Cost Per Person: Double \$542, Single \$624, Triple \$509

Seneca Niagara Resort and Casino

September 22nd - 24th (tickets on sale June 8th)

This trip includes: transportation, two overnight stays at Seneca Niagara Resort, \$100 free slot play, and \$40 in dining dollars

Cost Per Person: Double \$475, Single \$655, Triple \$465

Christmas at Walnut Creek, Ohio

December 8th - 9th (tickets on sale August 24th)

This trip includes: transportation, tasting at Hans Tasting Room, local shopping, buffet dinner and “Tis the Season” show at Amish Country Theatre, overnight stay with breakfast at Berlin Encore Hotel, lunch at Dutch Valley Restaurant, local shopping, then a show at the Ohio Star Theater for the Christmas Musical

Cost Per Person: Double \$490, Single \$558, Triple \$478

***These plans are all subject to change**

