

In The Loop

with the senior scoop

May 2024
Newsletter

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Monthly Memo

May springs onto the calendar and with it come a myriad of fun activities here at the Center. Many of you have asked when Senior Day will be returning. It's back! Wednesday, May 15th from 10 - 11:30AM promises to be a rocking good time. This event will have t-shirt and bottled water giveaways, complimentary coffee and donut, interactive demonstrations, a variety of vendors with information on senior services, and an immunization clinic. May 22nd - 24th sees the return of our annual art exhibition. Artists of all ages and skill levels are encouraged to submit pieces. Lastly, refer to pages 6 and 7 for information on upcoming sales as well as some amazing upcoming trips to the Sight and Sound Theatre in Lancaster as well as to tropical Costa Rica!

This month's food for thought. One of the benefits of working here is that I get to sit and talk with our seniors and listen to their stories. Tales of vacations when they were young, cars they used to own, a handmade card their grandchild sent them for their birthday. Not once have I heard about the time they worried about a promotion or had to pay a penalty on their taxes. Stressful decisions may seem paramount in the moment, but they won't be the moments that define your life and happiness, so don't carry them as a burden.

-Dallas



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.



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

www.facebook.com/
CenterattheMall

Center Hours

Monday– Thursday
8 AM - 7 PM

Friday
8 AM - 4 PM

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 Sources

Federal and 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 healthcare, senior services, fraud prevention, healthy living, and other topics to allow you to stay safe and in the know



Upcoming Events

Get Involved...in YOUR Life!

Thursday, May 2nd, 9th, 16th, and 23rd
11AM to 12PM

Do you wake up and wonder why you are still here? What’s the point? Life is boring. This 4-week program seeks to find some answers and purpose. Sign up in the congregate area before April 30th. See Stacie or Lori with questions.

Aetna Medicare Solutions w/Nina Yankello

Thursday, May 9th
9AM - 12PM

Nina Yankello, partnering with Aetna Medicare Solutions, will be available to provide Medicare information and counseling.

Birthday Lunch Celebration

Thursday, May 9th
11:30AM - 1PM

Special birthday lunch and entertainment provided by “Johnny”! Must pre-register for lunch by signing up thru Co-pilot or calling the Center.

Beaver County Senior Day at the Mall

Wednesday, May 15th
10 - 11:30AM

Local resources, entertainment, giveaways and more in the Rural King corridor of the mall. Pre-register for lunch by signing up through CoPilot or calling the Center.

Hot Dog Day

Thursday, May 16th
11:30AM - 1PM

Enjoy a fresh off the roller hot dog for \$2 or hot dog and a drink for \$3.

Lunch and Learn (Heart Disease and Stroke Awareness w/Amerihealth Caritas)

Monday, May 20th
12 - 1PM

Learn warnings signs of heart disease and strokes and ways you can live healthier to prevent these conditions. 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 Congregate Room.

Pancake Breakfast

Wednesday, May 22nd
8:30 - 9:30AM

Start your day with hot off the griddle pancakes and bacon for \$2!

Art Exhibition

Wednesday, May 22nd - Friday, May 24th

Stop in and observe the works and creations of our members and other local artists. Information regarding submitting artwork is on Page 6.

Rivers Casino Trip (NEW DAY)

Wednesday, June 12th
9AM - 4PM

Bus departs from the mall parking lot beside Firehouse Subs at 9AM and is expected to return around 4PM. Cost is \$35/person (includes \$20 free slot play). You must pre-register and pre-pay at the Center.

Notices

Center is Closed

Monday, May 27th for Memorial Day

Parking Reminder

A reminder that the rear entrance of the Center is not to be used for parking. This area is used for staff needs, our meal delivery vans, and the DART bus drop off/pick up. Please park in the nearby parking lot.

Newsletter Ad Space

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

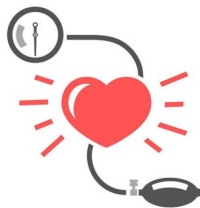
(Perfect for birthday parties, bridal showers, council meetings, graduations, etc.)

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

Services & Classes

Health and Wellness Services

- ◆ **Blood Pressure Screenings**
 - ◆ May 16th 10 - 11AM
 - ◆ May 28th 10:15AM - 12PM
- ◆ **Vaccination Clinic**
 - ◆ May 15th 10 - 11:30AM



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.

Please be aware 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
 May 8, 15, 22, & 29
 (May is advanced students only)
- ◆ Android Phone Class
 4 week class/\$48
 Thursdays 1:30 - 2:30PM
 May 9, 16, 23, & 30
 No class in June, resumes in July
- ◆ Computer Class
 4 week class/\$48
 Tuesdays 1:30 - 2:30PM
 May 7, 14, 21, & 28
 No class in June, resumes in July
- ◆ Ask the Tech (free tech advice)
 Fridays 1:30 - 3:30PM

◆ Card Making Class

Thursday, May 23rd
 3:30 - 4:30PM
 (Supplies provided, must pre-register)



- ✍ **May 20th** - Lunch & Learn (Heart Disease & Stroke w/ AmeriHealth Caritas)
- ✍ **June 24th** - Lunch & Learn (Fraud Prevention w/AARP)
- ✍ **July 29th** - Lunch & Learn (Physical Therapy 101 w/Encompass Health)

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¢).

Please note: No bingo on Casino Trip day.

Bunco Club

Last Tuesday of each month from 2- 4PM. Easy to learn dice game. \$5 Entry Fee. Prizes awarded.

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 the last Friday of each month from 12:30 - 1:30PM. Led by Jennifer Pucevich from Amedisys. Allowing caregivers to share expertise, concerns, or experiences in a safe and supportive environment.

Chess Club

Meets Thursday from 10:30AM - 12:30PM. Chess boards 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, always welcoming new members.

Game Day

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

Genealogy Club (New!)

Meets first Tuesday of each month from 2 - 3PM. Discuss and exchange resources for discovering your family tree.

Library (located in computer lab)

Select and return a variety of books and games using the honor system.

Mahjong 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, this is not an activity for beginners.

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 wait your turn. All skill levels are welcome.

Shuffleboard Club

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



Fitness Center Memberships

Do you have SilverSneakers or Renew Active? 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

Member Exercise Classes

Member exercise classes are SilverSneakers, Renew Active, Self-Pay, and Punch Pass eligible.

Chair Volleyball (No Volleyball May 22, 23, & 24)

Tuesday & Thursday at 11AM

Monday, Wednesday, & Friday at 1PM

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

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.

Line Dancing

Wednesday & Friday at 10AM

(No class May 22 & 24)

Parkinson's Exercise Class

Thursday at 11AM



Special Events

DONATIONS NEEDED!

Puzzles, Games, and Books Sale

June 4th & 5th

Accepting donations of new or gently used books, games, puzzles, CDs, and DVDs until May 31st

Blings & Things Sale

June 11th - 13th

Accepting donations of new or gently used jewelry, hats, scarves, ties, purses, and other accoutrements until June 7th

Christmas in July Sale

July 23rd & 24th

Accepting donations of decorations and other Christmas related items (no trees, please) until July 18th

Art Exhibition

Wednesday, May 22nd 8AM - 7PM

Thursday, May 23rd 8AM - 7PM

Friday, May 24th 8AM - 4PM

There is no entry fee, maximum of 5 pieces/artist

All art must be delivered to CATM by 4 PM Monday, May 20th, but no earlier than Wednesday, May 15th.

Artists Luncheon for all artists and a guest

Wednesday, May 22nd: 12 - 1PM

This year's exhibition is different than past years. There will not be prizes or judges. This is simply a chance for local artists to share their artwork.

The Art Exhibition is open to the public and ALL ages are welcome to participate. Selling art is permitted.

Stop by Center at the Mall to reserve your space!

Reserve your space no later than Friday, May 10th.



Senior Day at the Mall

Wednesday, May 15th

10 - 11:30AM

In the Rural King corridor of the Beaver Valley Mall

- Complimentary "I ♥ Senior Day" T-shirts and bottled water (while supplies last) to all participants provided by our premiere sponsor, Aetna Medicare Solutions.
- Coffee and donut compliments of Ameriprise Financial.
- Complimentary manicures, tech help, health screenings, and much more.
- Vendors with information pertaining to senior services.
- Food/interactive demonstrations.
- WBVP-WMBA live broadcast.
- Bloomfield Pharmacy will be providing RSV, Covid, Pneumonia, and Shingles immunizations. Health insurance cards and a photo ID are required to be eligible.
- If you are interested in reserving a lunch at the Center at the Mall following the event, you must pre-register by calling 724-774-5654 or stopping at the front desk at least one day in advance.



Trips

Lancaster Trip to see “Daniel”

July 16 - 17, 2024 (2 days, 1 night)

\$376/person (double occupancy)

\$461/person (single occupancy)

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

Highlights

Reserved seating at Sight & Sound Theatre to see “Daniel”

Roundtrip motor coach transportation

Overnight hotel stay

1 hotel breakfast

1 Amish feast dinner

Visit to Kitchen Kettle Village

All taxes, baggage, and gratuities on included meals

Trip cancellation protection is available for \$30.00 per person

Final Payment due by May 17th, 2024

Rivers Casino Trip

Wednesday, June 12th

Cost is \$35/person (includes \$20 free slot play)

Bus departs at 9AM from the mall parking lot by Firehouse Subs and is expected to return to the mall around 4PM. Please park in this parking lot and arrive at least 15 minutes before departure.

Must pre-register and pre-pay at the Center.

No refunds for personal cancellations.

Costa Rica Trip Presentation

Wednesday, June 5th

10 - 11AM

Collette’s Trip Advisor will be presenting a slideshow with further details of the trip to Costa Rica. Please attend if you are interested in learning more about this trip or have questions.

Tropical Costa Rica Trip

Trip operated by Collette Travel

February 11 - 19, 2025

\$2999/person (double occupancy)

\$3699/person (single occupancy)

\$2969/person (triple occupancy)

\$698 deposit due at registration

Highlights

San Jose, Costa Rica, Tour of Central Valley Coffee Plantation, Overlook of Arenal Volcano, Cano Negro Refuge Guided Riverboat Tour, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest Sightseeing, Choice on of Hanging Bridges Walking Tour or Zip Line, Guanacaste beaches

Trip also includes

14 meals (8 breakfast, 1 lunch, 5 dinners)

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

Trip cancellation protection is available for \$479.00 per person

Rates valid until August 11, 2024. Final Payment due by November 13, 2024

Puzzle and Sponsors

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 for a chance to win a raffle prize. Deadline is May 31st.

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


SHEFFIELD LANES

50+

SENIOR MINGLE

Looking for a fun and low-impact way to meet new people in your area?

Come to Sheffield Lanes for our Senior Mingle!

MAY 30, 2024 | 11:00 AM
JUNE 27, 2024 | 11:00 AM
JULY 25, 2024 | 11:00 AM

THE LAST THURSDAY OF EACH MONTH!

Lunch, bowling, and shoe rental included for \$20

**818 Raccoon Street
Aliquippa, PA 15001**





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