

In The Loop

with the senior scoop

January 2023
Newsletter

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Monthly Memo

As the new year hits, many of us will be swept down the path of making resolutions, optimistic goals, and in many cases failures to meet our own expectations. Therefore, this year I encourage you to try something a little different. One of my favorite anonymous quotes states “Every year you make a resolution to change yourself. This year make a resolution to be yourself.” We all have strengths, talents, and admirable qualities. Sadly, we too often forget these and focus intently on how we can make alterations to meet the expectations of others. This year, strive to be who you are and you may be surprised by improvements coming about naturally.

In the spirit of improvements, last year’s “Learn Something New in 2022” initiative was a resounding success, leading to us continuing with this year’s “Become a Better Me in 2023”. Keep an eye out in the coming year for programs and activities that focus on learning new skills, becoming more informed, and other fun ways to expand your horizons. We kick off with a painting class this month on January 17th. Be sure to sign up! While you’re signing up, be sure to check out our other upcoming programs, especially the Healthy Steps for Older Adults classes in February or March. This wellness initiative focuses on learning to safeguard your home against falls as well as tips for maintaining balance and coordination. Falls are the biggest preventable threat to senior health. This class is exceptionally helpful, I highly recommend attending.

-Dallas



JANUARY



**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

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
- 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

Birthday Lunch Celebration

Thursday, January 12th
11:30AM - 1PM

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

Become a Better Me in 2023 (Painting w/ Local Artist: Carrie Havranek)

Tuesday, January 17th
1 - 2PM

Paint a beautiful canvas (preview available at the Center) with local artist/educator Carrie Havranek from Crafting Elegance. All supplies will be provided. A donation of \$10 to partially cover costs is appreciated.

Pancake Breakfast

Wednesday, January 18th
8:30 - 10AM

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

Ask the Physical Therapist

Thursday, January 19th
9AM - 12PM

A Physical Therapist from NovaCare will be available to answer questions and make suggestions regarding a variety of physical challenges you may be facing.

National Popcorn Day Celebration

Thursday, January 19th
10AM - 12PM

Come and celebrate National Popcorn Day by creating your own flavored popcorn with us!

Lunch and Learn (Healthy Sleep Habits w/UPMC)

Monday, January 23rd
12 - 1PM

Learn tips towards a more rested, regimented sleep cycle. 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.

Hot Dog Day

Tuesday, January 24th
11:30AM - 1PM

Enjoy a fresh off the roller hot dog and a drink for \$2. No reservation needed.

PA Dept. of Health - Home Covid Test Distribution

Thursday, January 26th
9:30AM - 1PM

PA Dept. of Health is giving away complimentary home Covid test kits.

Rivers Casino Trip

Tuesday, January 31st
9AM - 4PM

Bus departs from the parking beside Firehouse Subs at 9AM and is expected to return around 4PM. Cost is \$30/person and includes \$10 in free-play. You must pre-register and pre-pay at the Center.

Notices

Rivers Casino Trip

Tuesday, January 31st

Cost is \$30/person

Bus departs at 9AM from the mall parking lot by Firehouse Subs and is expected to return 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.

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 - \$55

Room 2 - \$85

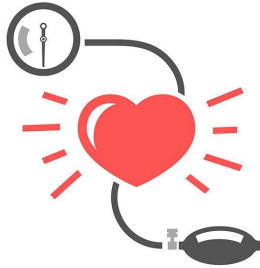
Congregate Room - \$350

Services & Classes

Health and Wellness Services

◆ Blood Pressure Screenings

- ◆ January 4th 10:30AM - 12:30PM
- ◆ January 12th 10:30AM - 12PM
- ◆ January 19th 10 - 11AM
- ◆ January 24th 10:15AM - 12PM



◆ Home Covid Test Distribution

- ◆ January 26th 9:30AM - 1PM

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 February

◆ Android Phone Class

4 week class/\$48

Thursdays 1:30 - 2:30PM

January 5, 12, 19, & 26

◆ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

January 10, 17, 24, & 31

February 7, 14, 21, & 28

◆ 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, January 19th

3:30 - 4:30PM

(Supplies provided)



✍ **January 23rd** - Lunch & Learn (Healthy Sleep Habits w/UPMC Work Partners)

✍ **February 27th** - Lunch & Learn (PA MEDI w/Beaver County Office on Aging)

✍ **March 27th** - Lunch & Learn (Fraud and Scam Awareness w/AARP)

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

Acts Cancer Care Support Group

Every Tuesday from 10 - 11AM. Biblically based support group for those impacted by cancer or a chronic condition with Cliff Hutchison, creator of Acts Cancer Care Support.

American Sign Language Club

Every Thursday from 10 - 11AM. Learn and practice signing with others.

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.

Bridge Club

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

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, always welcoming new members.

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)

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

Mahjong 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, 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, and Punch Pass eligible.

Chair Volleyball Class

Tuesday & Thursday at 11AM

Monday & 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.

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM



Upcoming Events

A program of the Beaver County Office on Aging to help older adults prevent falls

Healthy Steps For Older Adults

Thursday, February 9th or Monday, March 20th

10:00AM – 2:00PM

Check in begins at 9:30AM

Ages 55 and over

No charge to attend

Please preregister by January 26th for the February class or March 6th for the March class. Sign up sheet is in the congregate room.

Complimentary lunch will be served

Please contact Heather Spinelli or Tracy Costo with any questions.

- | | |
|--|---|
| <ul style="list-style-type: none"> • Fall screening & evaluation • Advice on how to prevent falls & related injuries • Movement & staying active • Making your home a safer environment • Managing your medications | <ul style="list-style-type: none"> • Tips on how to talk to your doctor • Proper foot care & footwear • What to do if you fall • Healthy eating • Much more! |
|--|---|

Pacific Northwest and California Trip

Trip operated by Collette Travel

September 11 - 18, 2023

\$3499/person (double occupancy)

\$4199/person (single occupancy)

\$3469/person (triple occupancy)

\$600 deposit due at registration

Highlights

Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Newport, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants, San Francisco

Trip also includes

11 meals (6 breakfast, 1 lunch, 4 dinners)
Roundtrip airfare and air taxes, fees, and surcharges
Hotel transfers

Trip cancellation protection is available for \$299.00 per person

Rates valid until March 11, 2023. Final Payment due by July 13, 2023

Healthy Tip and Recipe

Baby It's Cold Outside.... But That's No Excuse Not to Exercise

Don't let something like inclement weather keep you from being active. There are several ways you can exercise in the warmth and safety of your own home. Before you begin exercising be sure to talk to your doctor. Also, wear comfortable, well-fitting shoes to avoid slipping and drink plenty of water. Once you are ready, consider one or more of the following exercise ideas.

- **Exercise Videos:** Be sure to check the Center at the Mall's YouTube channel for a variety of exercise videos taught by Tracy & Heather. You can modify all of the exercises to your level of intensity.
- **Balancing Exercises:** Balance exercises strengthen the muscles that keep you upright to improve stability and help prevent falls. Try these moves 2-3 times a week.
 - Stand on one foot for 10 seconds if possible, then switch to the other foot. Use the back of a chair for stability if needed.
 - Place one foot closely in front of the other and walk heel to toe (tightrope walk) for 20 steps. Steady yourself with a wall if support is needed.
 - Walk in a straight line as normally as possible.
- **Commercial Workout:** The next time you are sitting on the couch watching your favorite program get up and get yourself moving on the commercials. For example, on the first set of commercials march around the room. On the next set do step touches and hamstring curls. Some other examples are heel jacks, kicks, knee lifts, in & out marches... anything to get moving
- **Dance:** One of the best and most fun ways to move is to put on some good music and dance!

These are just a few suggestions of ways to keep moving indoors. You may have some other things you enjoy and we would love for you to share them on our Facebook page. Just remember to have fun and stay active!

10-Minute Parmesan White Bean Soup with Spinach

INGREDIENTS

- 1 tablespoon olive oil
- 1 yellow onion diced
- 6-8 cloves garlic minced
- 6 cups vegetable broth (or stock)
- 15 ounces (420 g) can diced tomatoes, drained*
- 1 teaspoon sugar
- 1 tablespoon Italian dried herbs
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 4 (15 ounce) cans white beans (cannellini beans), drained and rinsed
- 4 cups baby spinach (about 6 ounces)
- ¾ cup fresh grated Parmesan cheese (for serving)
- 3 tablespoons chopped fresh flat-leaf parsley



INSTRUCTIONS

1. In a large pot or saucepan, heat olive oil over medium high heat. Add onion and garlic; cook until onions are translucent and garlic is fragrant (about 2-3 minutes), while stirring occasionally. Add in the broth, tomatoes, sugar, Italian herbs, salt, and pepper.
2. Bring to a boil, reduce heat and simmer for 5 minutes to combine all of the flavors together.
3. Stir in the beans and spinach. Continue to simmer gently until the spinach has wilted, (about 2 minutes).
4. Take off heat. Stir through the parmesan cheese. Taste test, adjust salt and pepper if needed.

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

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

Center at the Mall Trivia

What dessert will be served with the lunch on January 16th?

How many treadmills are in the Fitness Center?

Where is the AED (Automated External Defibrillator) located?

Name the locations of both tablets you can use to swipe a Silversneakers card.

Sponsorship

AFFORDABLE HOUSING

Assisting low-income families and seniors with safe, decent, and affordable housing opportunities as they strive to achieve self-sufficiency and improve the quality of their lives.

www.beavercountyhousing.org

EQUAL HOUSING OPPORTUNITY

Housing Authority of the County of Beaver

300 State Avenue, Beaver, PA 15009

724-775-1220



Notices

Feeling ill? STAY HOME!

Reminder: If you aren't feeling well or think you may have been exposed to someone who is sick, please stay home. Be courteous to others and prevent the spread of illness this winter. Your favorite activities will be waiting for you when you return feeling better.

Winter Weather Closings

In the event of severe winter weather conditions, please be sure to watch your local news and check the CATM Facebook page for delayed opening or closing of the Center. If the roads are bad, stay home! No class or activity is worth driving in snow and ice.