

In The Loop

with the senior scoop

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

Monthly Memo

Spring is knocking on the door and I think we can all agree it can't come quickly enough. I am looking forward to yard work in the sunshine and planning some hikes and trips to parks. This winter felt unnaturally long and I don't plan to glance back at it.

Glancing ahead at the Center's calendar is a different story. We have a slew of fun and engaging events planned for spring and we hope you can join us. If you haven't picked up your tickets for our April 15th spaghetti dinner, don't wait any longer, they have nearly sold out. Our annual Mother's Day Tea will be held Saturday, May 9th. Tickets are now on sale at the front desk. It's a lovely event for all ages, so bring your friends, daughters and granddaughters. Also returning in May is our annual Senior Day at the Mall on the Wednesday the 13th. This year's theme is Stars and Stripes in recognition of the 250th signing of the Declaration of Independence. Stop by and visit various representatives from senior agencies, enter raffles for prizes, sample tasty treats, partake in interactive demonstrations, and much more. Lastly, to our artistic members, be sure to register for our annual Artist Exhibition held May 28th - 30th. Even if you don't plan to submit, we encourage you to stop in and view all the submissions.

This month's food for thought. Be accepting of others, even those who seem odd or unusual. We all have idiosyncrasies, weird ticks, superstitions, odd hobbies, zany interests, etc. Most of these quirks are completely harmless and don't affect others, yet it hurts or is uncomfortable when someone points them out. Don't be a "pointer". Happy April.

-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: May 1st



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

Healthy Steps for Older Adults

Thursday, April 2nd

9AM - 1PM

If you signed up for the April 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 May 5th, please sign up in the Main Room.

Soup Sale w/Sounds of Pittsburgh Chorus

Tuesday, April 7th

10AM - 12PM

Sounds of Pittsburgh chorus group will be selling soup and cookies. Come enjoy a steaming hot bowl or take a quart home. A variety of soups will be available.

Birthday Lunch

Thursday, April 9th

11:30AM - 1PM

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

Spaghetti Dinner

Wednesday, April 15th

5 - 6:30PM

Come and enjoy a delicious spaghetti dinner which includes salad, dessert, live entertainment, and raffle baskets! Tickets are \$10, with all proceeds benefitting the Center's programs. Special thank you to our event sponsor: WorkMoney!

Pancake Breakfast

Monday, April 20th

8:30 - 9:30AM

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

Scam Prevention Seminar w/WorkMoney

Thursday, April 23rd

9:30 - 10:30AM

Learn how to recognize harmful scams and fraud and safeguard yourself.

Hot Dog Day

Wednesday, April 29th

11:30AM - 12:30PM

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

Lunch & Learn (Sleep Health w/Peggy Mesing)

Monday, April 27th

12 - 1PM

This presentation will cover a variety of tips to improve sleep habits. 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 Main Room.

Notices

Donations Needed

We are now accepting donations of new or gently used items for our Blings n' Things sale being held June 9th & 10th. Items being accepted include jewelry, scarves, ties, purses, belts, watches, and other accoutrements. Please no clothing or shoes. Donations are being accepted until Wednesday, June 3rd.



Friendly Reminders

Please 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

- ◆ April 16th 10 - 11AM
- ◆ April 29th 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
April 1, 8, 15, & 22 (lvl 3)
- ◆ 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, April 9th
3:30 - 4:30PM
(Supplies provided, must pre-register)



- ◆ **April 27th** - Sleep Health w/Peggy Mesing
- ◆ **May 18th** - Nutrition Education w/Lindsay Koach
- ◆ **June 29th** - Hearing and How it Relates to the Brain w/Sim's Hearing & Wellness

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. No meeting April 1st & 8th.

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 April 15th

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 (No class 4/2)

SilverSneakers Circuit

Thursday at 9AM (No class 4/2)

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

Spring Exercise Tips

You don't necessarily need to visit a gym to enjoy the benefits of fitness! As the weather warms up, there's no better time to shake up your routine and stay active while enjoying the sunshine. In general, it's recommended to get 30 minutes of exercise a day to stay healthy and promote mobility—but even 10 minutes of movement can make a difference! If you're new to fitness, be sure to talk to your doctor first and start slow. Here are five easy ways to get moving this spring:



1. **Add More Steps to Your Day:** Going on a long walk every day can seem intimidating, especially if you're easing back into a fitness routine. Instead, try to incorporate shorter walks throughout your day! Take a brief stroll after lunch or dinner. When running errands, park a little farther away from the store's entrance. During TV commercials, march in place or walk around the house. There are many ways to "get your steps in" without a huge time commitment.
2. **Try a Low-Impact Sport:** Enjoy some fun and friendly competition with a low-impact outdoor sport such as golf, tennis, pickleball, badminton, shuffleboard, or bocce ball. Playing a sport is also a great way to stay social and meet new people!
3. **Boost Body Strength:** Strength training helps to keep your bones and muscles strong while preventing falls and promoting better mobility. There's no need to worry about lifting the heaviest weights. You can add strength training to your routine using items from around your house, like water bottles or soup cans.
4. **Set Reminders to Stand:** Too much sitting isn't good for anyone, and a sedentary lifestyle can be especially serious for older adults. On average, older adults over age 60 spend nearly ten hours a day sitting! It can help to schedule reminders to stand up and walk around every hour or so. You can use a regular kitchen timer, or a smartwatch to help motivate you to get moving.
5. **Take a Group Exercise Class:** Joining a fitness class is one of the best ways for beginners to get into exercise. You'll learn the proper movements from an instructor in a safe environment while enjoying the fun, social aspect of exercising with others.

Frozen Yogurt Bark with Berries and Nuts

Ingredients

- 2 Cups Plain Greek Yogurt
- 2 Tablespoons Honey, Maple Syrup, OR sweetener of choice
- 1 Teaspoon of Vanilla Extract
- Pinch of Salt
- 1/2 cup Strawberries, chopped
- 1/2 cup Blueberries
- 3 Tablespoons Nuts of choice

Instructions

1. Combine yogurt with sweetener, vanilla, and salt in a bowl and mix thoroughly.
2. Line baking sheet with parchment paper and spread yogurt mix. If you want a thicker bark, do not spread it very thin.
3. Add toppings to bark, sprinkling evenly over top.
4. Set in freezer for at least 3 hours to set.
5. Cut or break up bark and place in freezer safe dish or bag for up to a week.



Tip: For different variations, try shredded unsweetened coconut, sunflower, and or pumpkin seeds. Most fruits can be used to make this bark, from pomegranate in the fall to diced peaches in the summer.

Special Events

Art Exhibition

Thursday, May 28th 8AM - 7PM
Friday, May 29th 8AM - 4PM
Saturday, May 30th 8AM - 2PM

There is no entry fee, maximum of 5 pieces/artist
 All art must be delivered to CATM by 4 PM Tuesday, May 26th, but no earlier than Thursday, May 21st.

Artists Luncheon for all artists and a guest
Thursday, May 28th: 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 no later than Friday, May 15th!



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

Healthy Steps For Older Adults

Tuesday, May 5th
9AM – 1PM

Check in begins at 8:30AM
 Ages 60 and over

No charge to attend

Please pre-register by April 28th. 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

Senior Day at the Mall!

Stars & Stripes theme in honor of the
 250th Anniversary of the signing of the
 Declaration of Independence

Wednesday, May 13th
10AM - 12PM

Vendors with giveaways and information
 Complimentary coffee, donut, and ice cream bar*

Demonstrations/interactive stations provided by Beaver County Vo-Tech

WBVP-WMBA Live Broadcast

BBQ Themed Picnic Lunch and DJ
 Entertainment inside the Center

11:30AM - 1PM

*while supplies last

Mother's Day Tea

Saturday, May 9th
1 - 3PM

\$12/person (no refunds)

Please bring your own teacup and saucer.

Raffle baskets

Visit the Center for tickets, must pre-purchase by Thursday, April 30th.



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 April 30th.

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



April Fool's Day Fun



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

- | | | |
|---------|--------|--------|
| CLASS | GIGGLE | LAUGH |
| CLEVER | GRIN | PLAN |
| FAMILY | HUMOR | PLAY |
| FRIENDS | JOKE | SCHOOL |
| FUNNY | KIDS | SILLY |



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.



Thank you to our event sponsor!

