In The Loop

with the senior scoop

December 2026 Newsletter

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Lutheran SeniorLife
Lutheran Service Society

Beaver County Office on Aging

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

Center at the Mall

Monthly Memo

I jinxed it. As soon as I mentioned the wonderful fall weather in the November newsletter, it ended and gloomy gray and rain followed. So this month, I'm not mentioning the "s" word. Nope.

I will mention the wonderful holiday events we have planned. There are still a couple seats left for the Bonanza Bingo on December 3rd. With cash prizes, snacks, and bingo called by yours truly, it promises to be a fun-packed afternoon! On December 15th, Life Family Church, our neighbors next door will be hosting a no-cost showing of Sight and Sound Theatre's "I Heard the Bells" on video. We encourage you to stop by and enjoy this wonderful holiday play. Lastly, our annual Christmas Party will be on December 17th. Ugly sweaters, delicious treats, holiday music, crafts and, prizes will make this a festivity to remember.

This month's food for thought is an anonymous quote, often incorrectly attributed to Aristotle, "To appreciate the beauty of a snowflake, it is necessary to stand out in the cold." Sometimes, our most rewarding experiences require the most tolerance to adversity. Have a wonderful holiday season.

-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 Monday 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: December 7th

Center at the Mall

Unit 284 Beaver Valley Mall
Monaca, PA 15061

T: (724)774-5654
F: (724)774-5671

www.centeratthemall.net

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

Upcoming Events

Bonanza Bingo

Thursday, December 3rd
12 - 2PM
Cash prizes, raffles, door prizes, refreshments, and loads of fun. Join us for our annual holiday bingo bonanza. Tickets are limited so don't hesitate to sign up. Tickets purchased before November 27th are $18, $20 after that date.

Birthday Lunch Celebration & Karaoke w/Insurance Services of Zelienople

Thursday, December 10th
11:30AM - 1PM
Special birthday lunch and DJ entertainment & karaoke thanks to our sponsor, Insurance Services of Zelienople. Be sure to stop and talk with their friendly representatives if you have questions regarding insurance or Medicare and to schedule 1-on-1 consultations with them. Pre-register for lunch by signing up in Co-pilot or calling the Center.

Create a Vision Board w/Crystal Wells, RN

Friday, December 11th
10:30AM – 12PM
A fun and creative activity to help you stay motivated, set personal goals, and focus on what you want to achieve in the upcoming year. Sign-up in the main room. To aid in this project, please donate magazines to the front desk.

Lunch & Learn (Ready for Retirement w/Insurance Services of Zelienople)

Monday, December 14th
12 - 1PM
This presentation will cover resources and information regarding changes to Medicare. 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.

"I Heard the Bells" – a Sight and Sound Theatre Movie being shown at Life Family Church (next door)

Tuesday, December 15th
12:15 – 2:30PM
Watch the inspiring story behind the beloved Christmas carol (without the drive to Lancaster!) There is no cost (sponsored by Life Family Church) and no sign-up required.

Christmas Party

Thursday, December 17th
10:30AM – 12PM
Holiday favorites with DJ Sam Piccinini, crafts sponsored by Legend Senior Living, cookies and refreshments, games, ugly sweater & puzzle contests sponsored by Saber Health, and special visitors!

Pancake Breakfast

Monday, December 21st
8:30 - 9:30AM
Hot pancakes off the griddle and sizzling bacon for $3.

Hot Dog Day

Tuesday, December 22nd
11:30AM - 12:30PM
Juicy franks, hot off the roller for $2. Add a pop for $1 if you're thirsty!

Notices

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.

HOLIDAY HOURS

Center closes at 4PM

Thursday, December 24th

Thursday, December 31st

Center is closed

Friday, December 25th

Friday, January 1st

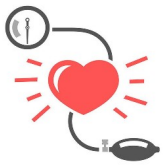
As winter approaches, we remind everyone that no activity is worth risking a trip in inclement weather. Please stay home if it is too cold or icy. Safety is always the top priority. Be sure to check our Facebook page for possible closings due to weather.

Services & Classes

Health & Wellness Services

Blood Pressure Screenings

- December 30th 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

December 14th – Ready for Retirement? w/Insurance Services of Zelienople

January 25th – TBD

February 22nd – Seeking the Appropriate Medical Care w/Madison Daubenspeck

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
Classes resume in February

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, December 17th.



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.

Chess Club

Meets Tuesday from 10:30AM - 12:30PM. Chess boards are provided.

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. No meeting in December and January.

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.

Library (located in technology lab)

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

Mah Jongg Club

Wednesdays from 1 - 3PM and Thursdays from 12:30 - 4PM. Always welcoming new players to 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

Table shuffleboard. Always welcoming new players, no experience needed. Meets every Tuesday, 1:30 – 3PM.

Technology Lab

Computers with internet access available free of charge. Printing available for a fee. Weekly virtual reality experiences hosted by Tech2Elevate.

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 Chair Volleyball December 3rd & 17th

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.

Improve Balance & Walking Class
Mondays at 12:15PM
Tuesdays at 12PM, 1PM, & 2PM

Line Dancing
Wednesday & Friday at 10AM

Parkinson's Exercise Class
Thursday at 11AM





Health & Wellness

Embrace "Exercise Snacking" For The Holidays

The holidays can be physically and emotionally demanding. Maintaining physical activity during the holidays protects your health when your body is under additional stress. You're not just "staying in shape," you're actively supporting your body's ability to handle a demanding time of year. Small, regular movement sessions provide real, measurable health benefits. Every movement session, no matter how short, helps your body cope by:

- Strengthening your immune system when you're exposed to more people and seasonal illnesses
- Reducing stress hormones like cortisol during a high-pressure time of year
- Improving sleep quality despite irregular schedules and late-night gatherings
- Regulating blood sugar levels when dietary patterns become less consistent
- Supporting cardiovascular health and maintaining healthy blood pressure
- Boosting mood through endorphin release, helping combat seasonal-effective disorder symptoms

Health organizations recommend 150 minutes of moderate-intensity aerobic activity per week for adults. That breaks down to just 30 minutes, five days a week—or even smaller increments throughout your day. Your body responds to accumulated movement. Three 10-minute walks provide similar cardiovascular and metabolic benefits as one 30 minute walk. Your heart rate elevates, your muscles engage, and your metabolism increases whether you exercise for 30 consecutive minutes or in shorter bouts. Here are a few strategies to help you stay active this holiday season:

- Use stairs instead of elevators during shopping trips or at work
- Park farther from entrances to add walking distance
- Schedule physical activity like any other important appointment
- Suggest active social gatherings: walking while catching up with friends, family hikes or exploring holiday light displays on foot
- If you attend fitness classes: try at-home alternatives on busy week

Grinch Fruit Kabobs



Ingredients

- 10 strawberries tops cut off
- 10 green grapes
- 10 mini marshmallows
- 1 banana cut into 10 slices
- 10 toothpicks

Instructions

1) Using a toothpick; arrange starting from bottom to top; grape, banana slice, strawberry and mini marshmallow.
2) Serve and enjoy!

Note: If you want them to stand up, cut the bottom of the grape to make it flat. Make as many or as few as you want.

Special Events

Bonanza Bingo

Thursday, December 3rd
12 - 2PM

$18 Entry Fee if you register at the Center prior to November 27th
$20 Entry Fee after November 27th

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







GIFT WRAPPERS NEEDED

The Beaver County Office on Aging needs individuals to help wrap gifts for its 40th annual Surprises for Shut-ins program. The program provides a bag of gifts and a friendly visit during December to isolated and home-bound shut-ins age 60 and over who live in the community and are identified by the Office on Aging as needing some special attention during the Christmas season.

Wrapping open house will be held at the Beaver County Office on Aging (location change)

10AM to 3PM
Wednesday, December 2nd

All gift wrap supplies are provided on site (scissors, tape, gift wrap)

Snacks and beverages are provided.

For information, contact Angela Gentile at BCOA
724-847-2262 (local) or
888-548-2262 (long distance)

Tech Connect Program

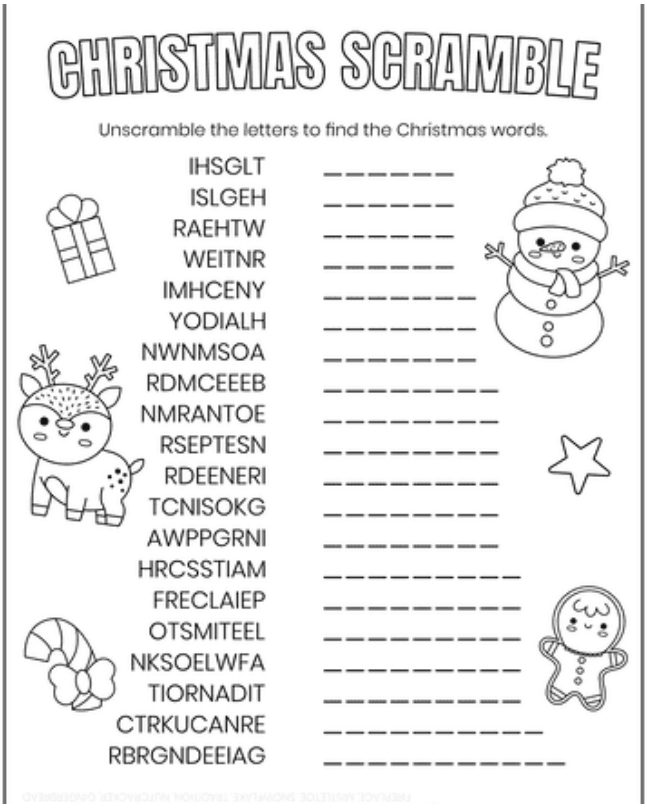
The Tech Lab continues to offer new and exciting virtual reality experiences as well as other interactive game play. November events are listed below. More in depth descriptions of each event can be found on the fliers on the tables in the Main Room. Please sign up in the Main Room for an available time slot. Seating is limited to 4 persons per slot. If you have a request for a virtual reality experience, Wednesday Wonder Lab is a great way to tour places you wish to see.

Winter Wonderland
December 7th 10AM, 11AM, or 12PM
Santa Claus is Coming to Town
December 14th 10AM, 11AM, or 12PM
A Christmas Carol
December 21st 10AM, 11AM, or 12PM
A New Year is Near
December 28th 10AM, 11AM, or 12PM
Wednesday Wonder Lab (no registration)
Wednesdays, 9AM – 1PM

Puzzles

Completed puzzle page (all puzzles) can be dropped off at the Center, mailed to the Center, or scanned and emailed to molly.keresty@lutheranseniorlife.org for a chance to win a raffle prize. Deadline is December 31st.

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



Trip

America's Cowboy Country Trip w/Collette Travel

July 20 - 27, 2027

$4699/person (double occupancy)
$5799/person (single occupancy)
$4649/person (triple occupancy)
$698 deposit due at registration

Highlights

Badlands National Park, Custer State Park, Crazy Horse Memorial, Mt. Rushmore, Yellowstone National Park, Grand Teton National Park, Town of Deadwood, & more

Trip also includes

10 meals (7 breakfasts & 3 dinners)
Round trip airfare from Pittsburgh Intl. Airport and air taxes, fees, and surcharges
Hotel transfers & transfers to and from airport/Center at the Mall
Trip cancellation protection is available for $469.00 per person
Rates valid until January 20, 2027. Final Payment due by April 21, 2027
Real ID or Passport required for this trip