

# In The Loop

with the senior scoop

May 2025  
Newsletter



## Monthly Memo

April was a great month here at the Center. Our spaghetti dinner was a wonderful night. A huge thank you to all of the staff, volunteers, and members that made this event special. Our overnight trip to see “Noah” in Lancaster was also fantastic. I’m glad our travelers had a blast. Be sure to keep an eye out at the beginning of next year as we plan to return to Sight and Sound Theatre for 2026’s production: “Joshua”!

As busy as April was it pales in comparison to May. It is going to be quite the month. Tickets to our Mother’s Day Tea have sold out. It promises to be a lovely afternoon of refreshments and delightful company. Senior Day at the Mall is back and bigger than ever on May 14<sup>th</sup>! This year is baseball themed, so be sure to wear your favorite team’s apparel! There will be giveaways, demonstrations, delicious food and treats, and much more. A concession stand hot dog lunch will replace our usual lunch for the day. To cap off the month, we will hold our annual Art Exhibition. Artists of all ages are welcome to show off their favorite creations May 29<sup>th</sup> - 31<sup>st</sup>. More details on these events on Page 7.

Lastly, this month’s food for thought. Happiness isn’t a reward, it’s a process. At some point we have all been guilty of thinking, ‘If I can accomplish this, I’ll feel better.’ Of course it’s always nice to complete something, but the manner in which you do so can have the most benefit to your happiness. Try to find ways to make challenges interesting and engaging, instead of simply viewing them as a struggle with a pot of gold at the end. That can be difficult at times, but rest assured, there is always a way to improve your mindset and mood and you will be amazed how much easier this makes the problems you are tackling.

-Dallas



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**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. If you are interested in volunteering, please speak with a staff member.



Beaver Valley Mall  
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Monaca, PA 15061  
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[www.centeratthemall.net](http://www.centeratthemall.net)

[www.facebook.com/CenterattheMall](http://www.facebook.com/CenterattheMall)

### Center Hours

Monday– Thursday  
8 AM - 7 PM

Friday & Saturday  
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](http://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

### Fly Tying Class

**Wednesday, May 7<sup>th</sup>**  
**10 - 11AM**

Both ladies and gentleman are invited to join instructor John Genzler as he leads a free class to help you learn to create your own flies for fly fishing.

### Birthday Lunch Celebration

**Thursday, May 8<sup>th</sup>**  
**11:30AM - 1PM**

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

### Senior Day at the Mall

**Wednesday, May 14<sup>th</sup>**  
**10AM - 12PM**

Take me out to the mall! This year's Senior Day promises to be a home run as we welcome everyone to stop by for a special baseball themed day of information on senior services, giveaways, food demonstrations, interactive assistance, entertainment, and much more. Senior day t-shirt, compliments of Aetna Medicare Solutions, for attendees (while supplies last). Concession stand hot dog lunch will be served inside the Center from 11AM - 1PM.

### Hot Dog Day - Sponsored by Humana

**Monday, May 19<sup>th</sup>**  
**11:30AM - 12:30PM**

First one hundred members get a free hot dog courtesy of Humana. Add a pop for \$1 if you're thirsty!

### Healthy for Life w/Penn State Extension (Exercise Within Reach)

**Monday, May 19<sup>th</sup>**  
**12 - 1PM**

This month's presentation will discuss benefits of exercise and establishing goals for yourself. Includes meal demonstration and sampling. Sign up in the Main room.

### Healthy Steps for Older Adults

**Thursday, May 22<sup>nd</sup>**  
**10AM - 2PM**

This evidence based program educates older adults on the risks of falls and ways to prevent them. This course is taught by Fitness Center staff Tracy and Ashley and includes a complimentary lunch.

### Art Exhibition

**Thursday, May 29<sup>th</sup> - Saturday, May 31<sup>st</sup>**

Stop in and observe the works and creations of our members and other local artists. Information regarding submitting artwork is on Page 7.

### Pancake Breakfast

**Friday, May 30<sup>th</sup>**  
**8:30 - 9:30AM**

Start your day with hot off the griddle pancakes and bacon for \$2! Detective DeGori is taking a break, but plans to return in the fall with more fraud and scam tips!

## Notices

### Center Closings

**Saturday, May 10<sup>th</sup>**

Center will only be open to those attending the Mother's Day Tea.

**Monday, May 26<sup>th</sup>**

In observance of Memorial Day



### 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

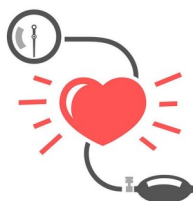
## Services & Classes

### Health and Wellness Services

#### ♦ Blood Pressure Screenings

♦ May 14<sup>th</sup> 10AM - 12PM

♦ May 15<sup>th</sup> 10 - 11AM



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 Main Room)

##### ♦ iPhone/iPad Class (level 4)

4 week class/\$40

Wednesdays 1 - 2:30PM

(You need to have taken level 3 to take this class)

May 7, 14, 21, 28

##### ♦ Android Phone Class

4 week class/\$48

Thursdays 1:30 - 2:30PM

May 1, 8, 15, & 22

##### ♦ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

May 6, 13, 20, & 27

##### ♦ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

##### ♦ Tech2Elevate (free tech help)

Mondays 10AM - 3PM

#### ♦ Card Making Class

Thursday, May 15<sup>th</sup>

3:30 - 4:30PM

(Supplies provided, must pre-register)



✍ **May** - No Lunch & Learn this month.

✍ **June 30<sup>th</sup>** - Lunch & Learn (Five Sneaky Causes of Weight Gain and What to do About It w/Humana)

✍ **July 28<sup>th</sup>** - Lunch & Learn (Five Sneaky Causes of Weight Gain and What to do About It w/Humana)

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 Thursday, May 19<sup>th</sup> from 2 - 3PM. Led by Jennifer Pucevich from Amedisys. Allowing 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 & Saturday 10:30AM - 2:30PM. Bring your own needles. This is a relaxed, friendly group, always welcoming new members. **Accepting donations of yarn!**

### **Game Day**

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.

### **Library (located in computer lab)**

Select and return a variety of books 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, professionally surfaced tables. Tables are free to use, simply wait your turn. All skill levels are welcome.

### **Shuffleboard Club**

Meets every Tuesday, 1:30 - 3PM.





## Fitness Center Memberships

Do you have SilverSneakers, FitOn Health, 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, FitOn Health, Renew Active, Self-Pay, and Punch Pass eligible.

**There will be no exercise classes on May 22<sup>nd</sup>.**  
**There will still be chair volleyball.**

### Chair Volleyball

Tuesday & Thursday at 11AM  
Monday, Wednesday, & Friday at 1PM  
Saturdays at 12:30PM

**No Chair Volleyball on May 10<sup>th</sup>, 14<sup>th</sup>, 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup>**

### 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, FitOn Health, 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

**No line dancing May 14<sup>th</sup> & 30<sup>th</sup>**

### Square Dancing

On break for Summer. Resumes in September.

### Parkinson's Exercise Class

Thursday at 11AM

## Highmark - Fit on Health

### Fit on Health Announcement for anyone with health insurance through Highmark

If you currently have health insurance through Highmark, they will no longer carry Silversneakers starting, January 2025. They are transitioning to a new program: Fit on Health.

**Center at the Mall will start accepting Fit on Health in January 2025.** If you are currently registered through Silversneakers at the Center, **your membership should automatically update to Fit on Health.** If you are new to Highmark, you will have to register Center at the Mall as one of your sites on the Fit on Health portal and stop at our front desk to fill out a fitness intake.

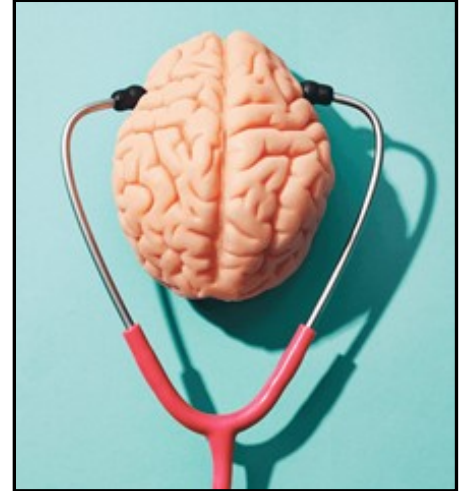
If you currently have Highmark or plan to enroll with Highmark during open enrollment, you should be receiving emails from Highmark or Fit on Health regarding these processes and they encourage you to call their hotline with any questions at 1-855-378-6683 or visit [help@fitonhealth.com](mailto:help@fitonhealth.com)

## Health & Wellness

### Taking Care of Your Mental Health

May is National Mental Health Awareness Month, which means we're focusing on our mental health and how we can maintain it. Show your brain some love this month with these seven tips:

- **Stay Socially Connected:** Regular interaction with family, friends, or community groups can boost mood and combat loneliness.
- **Be Physically Active:** Exercise, even gentle activities like walking or gardening, can improve mood, reduce stress, and enhance cognitive function.
- **Prioritize Sleep:** Aim for 7 - 9 hours of quality sleep per night, as lack of sleep can worsen mental health issues.
- **Eat a Balanced Diet:** Focus on nutritious foods that support overall health and mood, such as those rich in omega - 3 fatty acids.
- **Engage in Meaningful Activities:** Pursue hobbies, volunteer, or participate in activities that provide a sense of purpose and accomplishment.
- **Stay Mindful:** Practices like meditation or deep breathing can help reduce stress and improve mental well-being.
- **Seek Professional Help When Needed:** If mental health struggles arise, don't hesitate to reach out to therapists, counselors, or other mental health professionals.



### Avocado Chocolate Pudding

#### Ingredients

- 2 medium avocado
- 1/2 cup cocoa powder
- 1/4 cup unsweetened milk
- Pinch of sea salt
- 5 tablespoons maple syrup or honey

#### Instructions

1. Add all ingredients to a blender or food processor. Blend/process until smooth and creamy.
2. Taste for sweetness. If you prefer a sweeter pudding add more maple syrup/honey.

Note: take time to be certain the avocado has fully broken down. An unexpected bite of intact avocado is a bit unpleasant.



## Highlighted Programs

### Art Exhibition

**Thursday, May 29<sup>th</sup> 8AM - 7PM**

**Friday, May 30<sup>th</sup> 8AM - 4PM**

**Saturday, May 31<sup>st</sup> 8AM - 4PM**

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

All art must be delivered to CATM by 4 PM Tuesday, May 27<sup>th</sup>, but no earlier than Thursday, May 22<sup>nd</sup>.

**Artists Luncheon for all artists and a guest**

**Thursday, May 29<sup>th</sup>: 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 16<sup>th</sup>.**



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

### Healthy Steps For Older Adults

**Thursday, May 22<sup>th</sup>**

**10AM – 2PM**

Check in begins at 9:30AM

Ages 60 and over

**No charge to attend**

Please preregister by May 19<sup>th</sup>. 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

## Take Me Out to the Mall!

### Baseball themed Senior Day at the Mall

**Wednesday, May 14<sup>th</sup>**

**10AM - 12PM**

T-Shirt giveaway courtesy of Premier Sponsor Aetna Medicare Solutions\*

Demonstrations/interactive stations provided by Beaver County Vo-Tech

Vendors with giveaways and information

Complimentary coffee, donut, and ice cream bar\*

WBVP-WMBA Live Broadcast

Live entertainment

Ballpark concession stand hot dog lunch (11AM - 1PM)

\*while supplies last



## Puzzles

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](mailto:stacie.hastings@lutheranseniorlife.org) for a chance to win a raffle prize. Deadline is May 31<sup>st</sup>.

	2						4	
	9				2		7	
1			8	6				2
				4	6			
3		2	1		9	5		4
			3	8				
9			7	2				1
	5				8		2	
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## MEMORIAL DAY

 WORD SCRAMBLE

1. aamerci \_\_\_\_\_
2. authnecit \_\_\_\_\_
3. eefrmod \_\_\_\_\_
4. wokrsrife \_\_\_\_\_
5. brvae \_\_\_\_\_
6. cei maerc \_\_\_\_\_
7. regsbur \_\_\_\_\_
8. toh gsdo \_\_\_\_\_
9. dayiloh \_\_\_\_\_
10. mmusre \_\_\_\_\_
11. ormemlai \_\_\_\_\_
12. nuf \_\_\_\_\_
13. erd \_\_\_\_\_
14. yam \_\_\_\_\_
15. mmwsiing \_\_\_\_\_

## Special Events

### DONATIONS NEEDED!

#### Blings 'N Things Sale

June 10<sup>th</sup> - 12<sup>th</sup>

Accepting donations of new or like new jewelry, hats, scarves, ties, purses, and other accoutrements until June 6<sup>th</sup>.



### SAVE THE DATE!

#### Wildwood, NJ Trip

September 23<sup>rd</sup> - 26<sup>th</sup>

Travel to Wildwood, NJ with us for a four day, three night vacation. A full overview including pricing and itinerary will be available in June's newsletter. Sign ups for the trip begin, June 2<sup>nd</sup>!

