

In The Loop

with the senior scoop

September 2023
Newsletter

INDEX

Upcoming Events.....	pg.2
Notices, Services, & Classes.....	pg.3
Clubs, Groups, & Amenities.....	pg.4
Fitness Center & Classes.....	pg.5
Special Events.....	pg.6
Health & Wellness.....	pg.7
Puzzles, Sponsorship, & Notices.....	pg.8



Monthly Memo

It's hard to believe that we are already approaching fall. This summer seemed to flash before our eyes. Autumn has always been my favorite season. I enjoy the cool weather, the vibrant colors, the return of football and hockey. I also enjoy the events we hold here at the Center. September 8th will be a tailgate party to kick off the Steelers season. September 21st the Office on Aging will hold a public listening session at the Center where members will be informed of the state/county's upcoming 10 year plan with regards to senior programs. I strongly suggest attending to not only learn but also lend your opinions on issues as they are presented.

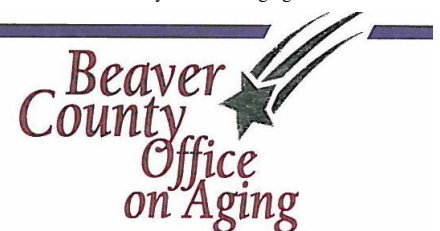
There are also plenty of events on the horizon with the spaghetti dinner in October and the veterans chili cookoff in November. Be sure to mark your calendars!

-Dallas




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.



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.



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



Upcoming Events

Pancake Breakfast

Wednesdays, September 6th & 20th
8:30 - 10AM

Two days this month! Piping hot pancakes and bacon for \$2. No reservation needed.

Meet the Authors

Wednesday, September 6th
10AM - 12PM

Local authors will be available to discuss their books with members.

Steelers Tailgate Party & Hot Dog Day

Friday, September 8th
10AM - 1PM

Come and celebrate the Steelers in our favorite Steeler attire. Sign up in the congregate room to make a Steeler craft (sign up in advance please), buy a hot dog, and watch some of the Steelers biggest historical moments!

Seniors for Safe Driving

Monday, September 11th
9AM - 1PM

Must pre-register by calling 800-559-4880 or go to www.seniorsforsafedriving.com.

Birthday Lunch Celebration

Thursday, September 14th
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.

Lunch and Learn (Fall Prevention w/UPMC)

Monday, September 18th
12 - 1PM

Discover ways to safeguard your home and yourself against falls. 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.

Craft w/Mary Ellen

Tuesday, September 19th
1 - 3PM

Learn how to reupholster a chair with neck ties. Our very own Mary Ellen will be teaching this class! Mary Ellen does have a couple chairs to donate and ties, but we would love it if you brought your own too. Please sign up in the congregate area!

Public Listening Session

Thursday, September 21st
12:15 - 2PM

The Office on Aging is hosting a listening session to discuss the state’s 10 Year plan regarding older adults and those with disabilities. More info on Page 6.

Become a Better Me in 2023 (Everything About Bees w/Honey So Good Apiary)

Monday, September 25th
10 - 11:30AM

Christian from Honey So Good Apiary in Ambridge will present on the plight of honey bees and how we can all help! Please sign up in the congregate area.

Rivers Casino Trip

Tuesday, September 26th
9AM - 4PM

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

Flu Clinic w/Bloomfield Drug Store

Thursday, September 28th
9AM - 12PM

Be sure to bring your health insurance card and a form of ID.

Notices

Rivers Casino Trip Tuesday, September 26th

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

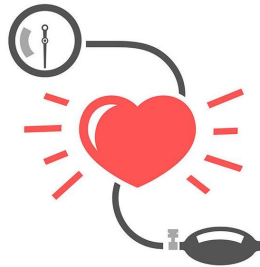
Health and Wellness Services

◆ Blood Pressure Screenings

- ◆ September 21st 10 - 11AM
- ◆ September 26th 10:15AM - 12PM

◆ Flu Clinic w/Bloomfield Drug Store

- ◆ September 28th 9AM - 12PM



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

September 6, 13, 20, & 27

◆ Android Phone Class

4 week class/\$48

Thursdays 1:30 - 2:30PM

September 7, 14, 21, & 28

◆ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

September 5, 12, 19, & 26

◆ 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, September 21

3:30 - 4:30PM

(Supplies provided, must pre-register)



✍ **September 18th** - Lunch & Learn (Fall Prevention w/UPMC Work Partners)

✍ **October 30th** - Lunch & Learn (Online Security and Scam Prevention w/Alliance for Consumer Protection)

✍ **November 27th** - Lunch & Learn (Information Regarding Ohio Train Derailment w/East Palestine Justice)

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 Thursday from 1 - 2:30PM. Biblically based support group for those impacted by cancer or a chronic condition with Cliff Hutchison, creator of Acts Cancer Care Support.

Alzheimer's/Dementia Support Group

Second Thursday of each month from 10 - 11AM. Support group for family or those impacted by memory loss, led by counselor Megan Elsmann. **September will be the club's final meeting.**

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. **Also no bingo September 21st.**

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

Club meets every Tuesday 10:30AM - 12:30PM. 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.

Garden Club

Meets every first and third Monday 10AM - 12PM. Join other members to help with the garden, listen to speakers, and create garden related crafts.

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.

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.

Recipe Club

Meets fourth Tuesday of each month, 11AM - 12PM. Come swap your favorite recipes and culinary tips.

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

Tuesday & Thursday at 11AM

Monday, Wednesday, & Friday 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



Special Events

Public Listening Session

Where We Listen to You About
Pennsylvania's 10-Year Master Plan For Older
Adults. Join Us...

Thursday, September 21st
12:15 - 2PM
at Center at the Mall

The Beaver County Office on Aging is hosting a Listening Session for older adults, people living with disabilities, their families, caregivers, stakeholders, and community leaders. You are invited to contribute what you think should be the plan's priority goals, objectives, and initiatives to support the highest quality of life for older adults.

Refreshments will be served

Individuals who are unable to attend can still provide input on the plan.

- Email AgingPlan@pa.gov
- Provide feedback through an [online form](#)
- By mail to the Pennsylvania Department of Aging
c/o Master Plan, 555 Walnut St. , 5th Floor,
Harrisburg, PA 17101.

Veterans Chili Cookoff

Friday, November 10th
12 - 2PM

The Center will once again host a Chili Cook-off in honor of our local veterans. We invite all ages to come celebrate those who served our country.

\$3 Entry Fee (Free for veterans) includes:

Picnic lunch and chili sampling
Honor guard salute
Live music - The Project Band

If you're interested in being a chili cook,
please let us know.

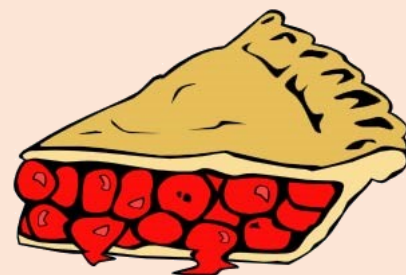


Spaghetti Dinner Fundraiser

The Senior Center at the Mall will be holding a Spaghetti Dinner Fundraiser to help support our programs and activities on Wednesday, October 25th from 5-6:30pm. Take out will be available as early as 4:30pm. The evening will include live music entertainment, salad, Italian bread, dinner, drink & your choice of homemade dessert. Tickets can be purchased at the center for \$10 per person. Tickets are limited so please purchase tickets in advance and invite your friends & family!

The center is requesting monetary donations to purchase food items and bakers to make homemade desserts. Anyone willing to donate items to create the following baskets would also be greatly appreciated: Margarita Basket, Wine & Spirits Basket, Pet Basket, and Golf Basket.

It's going to be a great evening and we look forward to enjoying it with you



Health & Wellness

September is “Better Breakfast Month”

Breakfast has long been shown to be the most important meal of the day, and a well-balanced diet should include a morning meal. Several studies show you should make time every morning to nourish your body with a healthy breakfast for many reasons including:

- Breakfast encourages healthier eating throughout the rest of the day
- Breakfast balances blood sugar levels after several hours of not eating
- Breakfast kick starts your metabolism and helps burn calories during the day
- Breakfast energizes the body and increases activity levels
- Breakfast promotes heart health and weight loss
- Breakfast stimulates the brain by stabilizing glucose levels

Of course what you eat for breakfast matters. Stay away from processed and high sugar foods. Instead focus on eating fresh fruits & vegetables, whole grains, healthy fats, and lean proteins.

Easy Overnight Oats

(Yields 1 Serving)

INGREDIENTS

- ½ cup liquid such as almond milk, coconut milk, or dairy milk
- ½ cup old fashioned oats
- ½ cup Greek yogurt
- 1 tsp Chia seeds; optional but recommended
- ½ banana, mashed; optional
- Serving suggestions: fruit, nuts, nut butter, granola, coconut, cinnamon, vanilla, etc.



INSTRUCTIONS

1. Add liquid, oats, yogurt, Chia seeds, and banana to a jar and stir well. Cover and refrigerate at least 5 hours or overnight.
2. In the morning add additional liquid if needed. Stir in additional ingredients if desired.

Can be kept in the refrigerator for up to 2 days. If the banana is omitted it will keep for up to 4 days.

Chronic Disease Self-Management Program

Class is every Tuesday, beginning September 26th until November 7th. (No class October 31st)

Time: 11:00AM – 1:30PM (Lunch will be provided)

The tools you need to manage your chronic disease.

Taught at Center at the Mall by staff: Heather Spinelli and Lori Kennedy

This program will cover conditions such as:

Arthritis Asthma Diabetes Stroke
Lung disease Heart disease Osteoporosis

Participants will learn:

- Appropriate exercises for maintaining and improving strength, flexibility, and endurance
- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep
- How to communicate effectively with family, friends, and health professionals
- Appropriate use of medications
- How to pace activity and when to rest
- How to evaluate new treatments
- Nutrition tips

Sign up at the Center to register for this complimentary six-week program

DISH & TELL RECIPE CLUB

Gather your favorite recipes & come share them with our recipe club.

TUESDAY, SEPT 26th
11:00AM - 12:00PM

This month's topic:
“An Apple a Day”

Bring a copy of your favorite apple recipe & samples if you would like!



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 September 30th.

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

Bonus: Completing the puzzle below isn't required to turn in your page. It is a logic puzzle, no math is involved. Using the numbers shown for each month, what will be the number corresponding to the month of September. This is difficult, good luck.

January 71313

February 82382

March 53113

April 54203

May 35113

June 46203

July 47113

August 68313

September _____

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



Housing Authority of the County of Beaver

Notices

The Center is closed on Monday, September 4th in celebration of Labor Day. Enjoy your holiday!



Friendly Reminder

As flu and cold season approaches, 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. Thank you for your consideration.

