

In The Loop

with the senior scoop

October 2026
Newsletter

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Monthly Memo

Autumn is now in full swing here at the Center. We enter our busy season with a full schedule of fun events. As predicted, the Spaghetti Dinner has sold out weeks in advance. Our Fall Festival will be Tuesday, October 27th. Be sure to stop in and enjoy music, refreshments, and a variety of autumn-themed crafts. It's a western theme this year, so don your cowboy and cowgirl attire and add to the atmosphere. Be sure to grab your tickets for the veterans chili cook-off on November 6th. We have a limited number of lunches, so please be sure to get your tickets ahead of time. Complimentary to all veterans, but must still get their ticket in advance. Lastly, our December trip to Sugarcreek, Ohio still has spots available. You don't want to miss out on this wonderful experience that is highlighted by two Christmas theater shows, wine tasting, shopping, and more. Last day to sign-up is October 15th, don't hesitate and chance missing out.

This month's food for thought. "If you want to go fast, go alone; if you want to go far, go together." For small tasks or decisions that need to be made quickly, it's often best to tackle these challenges individually. Too many opinions only slows down the process. However, to achieve large and enduring goals, it's often best to have a strong team or sharing of responsibility. Both have merit, be sure to utilize each in different situations.

-Dallas



 **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. 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: October 5th



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Mall

Monaca, PA 15061

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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
PA Lottery
Donations

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

Your Health, Your Way w/The Wellness Center for Bone & Joint Health)

Thursdays, October 1st, 8th, 15th, & 22nd

12 – 1PM

Each week, representatives from UPMC will discuss different topics related to bone and joint health. Please pre-register in the Main room.

Spaghetti Dinner Fundraiser

Wednesday, October 7th

5 - 6:30PM

Tickets are sold out! If you have volunteered to donate a dessert, please deliver it to the Center Wednesday morning or early afternoon.

Birthday Lunch Celebration w/Insurance Services of Zelienople

Thursday, October 8th

11:30AM - 1PM

Special birthday lunch and DJ entertainment thanks to our sponsor, Insurance Services of Zelienople. 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.

Pancake Breakfast

Monday, October 19th

8:30 - 9:30AM

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

Lunch & Learn (Customer Assistance Programs w/Columbia Gas)

Monday, October 26th

12 - 1PM

This presentation will cover resources and information regarding energy assistance programs. 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.

Fall Festival

Tuesday, October 27th

10 - 11:30AM

Come join us for a western themed fall festival. We will have music, games, special snacks, crafting with Providence Saber Health and Reliance Medicare Hotline.

Hot Dog Day

Tuesday, October 27th

11:30AM - 12:30PM

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

Veterans Chili Cook-off

Friday, November 6th

12 - 2PM

The Center is holding its annual chili cook-off to honor local veterans. There will be music courtesy of The Project Band, a salute of our armed forces, a hot dog lunch, and the sampling of delicious chili! Tickets are \$3, Veterans admitted at no charge. Please get your tickets at the front desk, prior to the event.

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.

DONATIONS NEEDED

We are now accepting donations of new and gently used Christmas decorations for our November Santa's Shoppe.



Services & Classes

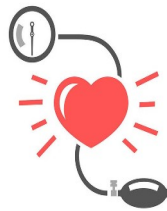
Health & Wellness Services

Blood Pressure Screenings

- ♥ October 28th 10AM - 12PM

Flu Vaccines

- October 6th 10AM – 12PM
- October 19th 9AM – 12PM



Foot Care Clinic (\$35 fee, must pre-register)

- October 17th 8:30AM – 1PM (Saturday)

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

iPhone/iPad Class (level 2)

4 week class/\$40

Wednesdays 1 - 2:30PM

October 7th, 14th, 21st, & 28th

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, October 15th.

Upcoming Lunch & Learns

October 26th – Customer Assistance Programs w/Columbia Gas

November 23rd – Medicare 101 w/Rebecca Barnes from the Beaver County Office on Aging's PA MEDI Program

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

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



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.

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.

Hearts in Harmony Chorus Club

Meets every Tuesday 1 - 3PM. Instruction provided by Karl Chapple.

Library (located in computer 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 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.

Rummikub Play

Meets every Wednesday, 1:45 – 3:45PM. Tile game that incorporates strategy, quick thinking, and a little luck.

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
No Chair Volleyball October 7th & 27th

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

Tuesdays at 12PM, 1PM, & 2PM

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM



Health & Wellness

Foods for Strong Bones

When it comes to keeping your bones strong and healthy, your diet plays a big role. Each day, we lose calcium through our skin, nails, hair, sweat, and urine. Our bodies can't produce calcium, so it's essential to get it from our diet. When we fall short, the body pulls it from our bones. You may already know that foods like milk, cheese, and yogurt are good for your bones, since they are full of calcium and vitamin D. But if dairy isn't your thing or you're trying to limit the amount you eat, you may not realize that there are plenty of other foods that also contain important bone-building nutrients.

- **Salmon:** Salmon is an excellent source of Vitamin D, which helps your body absorb calcium. A serving offers 60% to 120% of your daily vitamin D needs (wild-caught has more than farmed).
- **Spinach:** Spinach is one of the best plant-based sources of calcium you can find. And it's loaded with vitamin K too, which helps the calcium-binding process and allows bone to harden.
- **Sweet Potatoes:** Sweet potatoes are rich in potassium and magnesium. Without potassium, your body takes minerals stored in your bones and uses them to keep your pH level in balance. Magnesium helps activate the vitamin D that allows for calcium absorption.
- **Prunes:** Prunes are also a solid source of potassium, but the main reason they improve bone health in such a significant way is the presence of polyphenols, a type of antioxidant that reduces bone loss.
- **Onions:** Onions are anti-inflammatory, great for your immune system, and terrific for your bone health. They are high in flavonoids, which studies suggest is beneficial to bone health.
- **Decaffeinated Beverages:** Caffeine is known to decrease absorption of calcium, and ingestion of high amounts may be a risk factor for bone loss. This doesn't mean you can't ever have a cup of caffeinated coffee, but limiting yourself to one per day, and adding milk for calcium, is the ideal way to balance your need for a boost with the best bone-health practices.

Sheet Pan Sweet Potato Hash

Ingredients

- 3 large sweet potatoes, peeled and chopped
- 2 bell peppers, chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 3 Tbsp extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- ¼ tsp. paprika
- 3 sprigs rosemary
- 6 slices bacon, chopped
- Freshly chopped chives, for garnish



Instructions

- 1) Preheat oven to 400°. On a large rimmed baking sheet, toss sweet potatoes with bell peppers, onion, garlic, and oil. Season with salt, pepper, and paprika. Scatter rosemary and bacon on top.
- 2) Bake until sweet potatoes are crispy on the outside and tender on the inside, about 45 minutes, shaking the pan halfway through.

Special Events & Trips



Veterans Chili Cook-off

**Friday, November 6, 2026
12 - 2 PM**

The Center will once again host a chili cook-off in honor of our local veterans.

Tickets \$3 (no-charge for veterans) includes:

Picnic style lunch

Chili sampling

Honor guard salute

Live music - The Project Band

All chili cook spots have been reserved. This year will be a people's choice vote for the chili winners. Four prizes of a \$100 to the top four cooks!

You must obtain your tickets ahead of time, only 250 tickets will be distributed.

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, and 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

Christmas Theater in Ohio Trip

December 8 - 9, 2026

\$490/person (double occupancy)

\$558/person (single occupancy)

\$478/person (triple occupancy)

\$465/person (quad occupancy)

Non-refundable \$30 deposit due upon sign-up

Highlights

Christmas show at the Amish Country Theater, Christmas musical at the Ohio Star Theater, buffet dinner at the Farmstead restaurant, lunch at the Dutch Valley restaurant, wine tasting, shopping at several stops, including "Tis the Season"

Trip also includes

3 meals (dinner, breakfast at hotel, lunch), Transportation by deluxe motor coach with Lenzner, one night accommodation with breakfast, one dinner, one lunch, seating for two shows, items per itinerary, taxes and gratuities.

Trip cancellation protection is available.

Final payment due by October 15th.

