

In The Loop

with the senior scoop

December 2024
Newsletter

INDEX

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



Monthly Memo

‘Tis the season. Our unusually warm autumn has abruptly vanished and winter weather and the holidays are upon us. Our staff and volunteers are busy decorating trees and wreaths as I write this memo; the Center will soon glisten and shimmer with lights and ornaments. Be sure to don your holiday sweaters and stop in to enjoy the décor at our annual Christmas Party on December 19th. There will be refreshments, prizes, and a visit from Mr. and Mrs. Claus! We also will be hosting a live radio presentation of “A Christmas Carol” and a Bonanza Bingo on December 10th. Check out Page 7 for more details on all three holiday events. You will also find information on our January Walking Challenge. Start the new year off with a heathy goal and some light-hearted competition!

As 2024 comes to a close, so too does Johnny Calinger’s long time run as our DJ for birthday day and holiday parties. For nearly a decade, he has volunteered his time and equipment to provide music and entertainment for many of our events. We wish him the best in his “retirement”. Thank you, Johnny!

Finally, a quick food for thought. The holidays were originally a time for family, appreciation, and rest. For many, they’ve transformed into a time of stress, over-scheduling, and depression. Take a deep breath and reassess your holiday priorities. Do you need to attend every function or can you focus on a select few with close friends and family? Do you need to stress over the “perfect” gift or is something simple and heartfelt a better option? Less is more. Have a safe and happy holidays.

-Dallas



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



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
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 & 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

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

Aetna Medicare Counseling w/ Nina Yankello

Thursday, December 5th

9AM - 12PM

To attend a one on one counseling session, please sign up for in the Main Room.

Pancake Breakfast - Fall Scam Series

Monday, December 9th

8:30 - 9:30AM

Start your day with hot off the griddle pancakes and bacon for \$2! Detective DeGori is back, with more helpful tips to avoid frauds and scams targeting older adults.

Healthy for Life w/Penn State Extension (The Rule of Food & Your Health: Blood Pressure)

Monday, December 9th

12 - 1PM

This month's presentation will discuss how diet options can affect your blood pressure and steps you can take to properly manage it.

A Christmas Carol: Live Radio Presentation

Tuesday, December 10th

9:30 - 10:30AM

The Office on Aging presents a live radio reading of A Christmas Carol. Presentation will be at the stage area. Refreshments will be served.

Bonanza Bingo

Tuesday, December 10th

12 - 2PM

Our annual holiday bingo bonanza! Big payouts, prizes, refreshments, and lots of fun. Speak with the bingo committee to pre-register for \$18 or pay \$20 at the door. Please arrive by 11:30AM to get your cards. Calling starts at noon.

Birthday Lunch Celebration

Thursday, December 12th

11:30AM - 1PM

Special birthday lunch and entertainment provided by "Johnny"! This will be Johnny's last performance. Come help us wish him well in retirement! Must pre-register for lunch by signing up thru Co-pilot or calling the Center.

Lunch and Learn (Diabetes Prevention w/Adagio Health)

Monday, December 16th

12 - 1PM

Learn ways to reduce the risk of type 2 diabetes. 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.

Hot Dog Day

Tuesday, December 17th

11:30AM - 12:30PM

Delicious hot dogs for \$2 and drinks for \$1.

Christmas Party

Thursday, December 19th

10 - 11:30AM

Don your holiday sweaters and join us as we welcome Mr. and Mrs. Claus for a morning of holiday cheer. More details on Page 7.

Notices

HOLIDAY HOURS

Center closes at 2PM

Tuesday, December 24th

Center is closed

Wednesday, December 25th

Wednesday, 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.

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

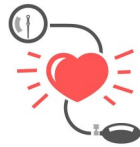
Room 4 - \$25

Services & Classes

Health and Wellness Services

◆ Blood Pressure Screenings

- ◆ December 11th 9AM - 12PM
- ◆ December 19th 10 - 11AM



◆ Hearing Assessments w/Hearing Life (must pre-register, sign-up sheet in Main Room)

- ◆ December 18th 9:30AM - 12PM

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 Congregate Room)

◆ iPhone/iPad Class

4 week class/\$40
Wednesdays 1 - 2:30PM
Resumes in February

◆ Android Phone Class

4 week class/\$48
Thursdays 1:30 - 2:30PM
No class in December
January 9, 16, 23, & 30

◆ Computer Class

4 week class/\$48
Tuesdays 1:30 - 2:30PM
No class in December
January 7, 14, 21, & 28

◆ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

◆ Tech2Elevate (free tech help)

Mondays 10AM - 3PM

◆ Card Making Class

Thursday, December 12th
3:30 - 4:30PM

(Supplies provided, must pre-register)



✍ **December 16th** - Lunch & Learn (Diabetes Prevention w/ Adagio Health)

✍ **January 27th** - Lunch & Learn (Disaster Preparedness w/ Medic Rescue)

✍ **February 24th** - Lunch & Learn (Romance Scams w/AARP)

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 - 3PM. 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 Friday, December 20th from 12:30 - 1:30PM. 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. 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, except casino trip days, 1:30 - 3PM.



Fitness Center Memberships

Do you have SilverSneakers or Renew Active? If so, your Fitness Center membership and member exercise classes are covered by your insurance at Center at the Mall. 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 (No volleyball Dec. 10th & 19th)

Tuesday & Thursday at 11AM

Monday, Wednesday, & Friday at 1PM

Saturdays at 12:30PM

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 (NEW)

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

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

(currently looking for an instructor)

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

Healthy & Wellness

Tips for Making Your Holiday Meals Healthier

It's the holiday season, and planning is underway for good times filled with friends, family and foods. We often give in to the festivities and overindulge in good-tasting food, but these foods may not be the healthiest for us. As we prepare food for family and friends, there are ways to make favorite holiday recipes healthier and still taste great.

- Reduce the amount of fat and sugar when baking without losing the flavor. Use half the butter and replace it with unsweetened applesauce, mashed bananas or even prune purée. Reduce the amount of sugar and add rich-tasting spices to bolster flavor, such as cinnamon, cloves or allspice. You can even use extracts such as almond, vanilla or wintergreen.
- Make healthy substitutions that will boost the fiber content. Use whole wheat pasta instead of white pasta. Use brown rice instead of white rice. Use whole-grain bread and rolls.
- Leave out ingredients. Leave out mayonnaise, butter or jelly in a recipe. Leave out excessive amounts of frosting, nuts and chips when baking.
- Choose a different technique of preparation such as broiling, grilling or steaming. These methods can capture the flavor of your delicious foods without adding calories. Instead of frying, try broiling fish, meat and even vegetables. Try a fruit juice or vinegar if a recipe says to baste with oil. Use non-stick pans to eliminate oil when cooking.
- Pay attention to your portion size. If the recipe is still very high in fat and sugars, reduce the portion size you eat. When reducing portion size, add healthy choices to help fill you up. Filling half of your plate with fruits and vegetables is a great place to start.

Twice Baked Sweet Potatoes

Ingredients

For the potatoes:

6 medium sweet potatoes
 1/4 c. maple syrup
 3/4 tsp. kosher salt
 1/2 tsp. cinnamon
 1/2 tsp. vanilla extract
 6 Tbsp. salted butter, softened
 1/3 c. hot honey, optional

For the crumble:

6 Tbsp. all-purpose flour
 1/3 c. old fashioned oats
 1/2 c. coarsely chopped pecans
 3 Tbsp. firmly packed light brown sugar
 1 Tbsp. finely chopped fresh rosemary
 1/8 tsp. cayenne pepper
 4 Tbsp. salted butter, melted

Instructions

1. For the potatoes: Preheat oven to 425°. Wrap each potato with foil and prick with a fork a few times. Place on a rimmed baking sheet and bake for 1 hour 30 minutes, or until soft. Cool the potatoes completely. Reduce oven temperature to 350°.
2. For the crumble: Meanwhile, combine the flour, oats, pecans, brown, sugar, rosemary, and cayenne in a medium bowl. Add the brown butter and stir until the mixture comes together and forms clumps. Place the mixture in an airtight container and refrigerate until use. (This can be
3. To assemble: Remove the foil from the cooled potatoes and cut an oval out of the top of each potato. Scoop out the flesh and leave a 1/4-inch rim of potato and skin intact.
4. Mash together the potato, maple syrup, salt, cinnamon, vanilla, and butter in a medium sized bowl until smooth. Spoon the potato mixture back into potato skins. Top each with approximately 1/3 cup of the crumble mixture.
5. Place potatoes back into the oven and bake for 15 to 20 minutes, or until the crumble is golden brown and toasted. Drizzle each potato with about 1 tablespoon of hot honey, if you like, and serve warm.



Upcoming Events

Bonanza Bingo

Tuesday, December 10th

12 - 2PM

Calling starts at noon, please arrive early to get your cards

Buy-in

\$18 pre-register by December 3rd or \$20 at the door

Games

8 Regular, 3 Specials, 2 Lightning Rounds, Coverall

Event also includes

Lottery Ticket Raffle

50/50

Refreshments

Prizes



Christmas Party

Thursday, December 19th

10 - 11:30AM

Visit from Mr. & Mrs. Claus

Refreshments

Holiday Craft

Music

Pictures



Complete a puzzle packet and/or wear a holiday sweater for a chance at a raffle prize

11:30AM - 12:30PM

Special Christmas Lunch
(Please Pre-Register)

A Beaver County Office on Aging Performance

A CHRISTMAS CAROL

Live Radio Show

Tuesday, December 10th

9:30AM

Stage Area

Complimentary refreshments

No sign up necessary



Step into a healthier you and join the
Center at the Mall January Walking Challenge!

January 1st - 31st

\$5 Entry Fee

(entry fees go towards party at the end of the challenge)

All participants provided with a calendar to track the miles they walk

1 prize given to participant with most miles walked

1 prize drawn from all participants' names

Walking Challenge Party

January 31st (time to be determined)

Prizes Giveaway

Refreshments

Special presentation by challenge sponsor: Nova Care Rehabilitation

Puzzles & Sponsor

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 for a chance to win a raffle prize. Deadline is December 31st.

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

❄️
SHEFFIELD LANES
50+

SENIOR SOCIAL

Looking for a fun and low-impact way to meet new people in your area?
Come to Sheffield Lanes for our Senior Social!

***NOV 21, 2024* | 11:00 AM**

***DEC 19, 2024* | 11:00 AM**

JAN 30, 2025 | 11:00 AM

Doors open at 10:30 AM

THE LAST THURSDAY OF EACH MONTH!
EXCEPT FOR CLOSURES

Lunch, bowling, and shoe rental included for \$20

818 Raccoon Street
Alliquippa, PA 15001

Call us for details or with questions! (724) 375-5080



Merry
Christmas

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

- Joy
- Cold
- Holly
- Candy
- Family
- Advent
- Ornament
- Nutcracker
- Wreath
- Wrap
- Card
- Gift
- List

