

In The Loop

with the senior scoop

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Monthly Memo

March was quite the month. I'm not sure lions and lambs can describe the roller coaster of weather and temperatures we had. The only consistency seemed to be that everyone got sick at some point. Needless to say, I am hoping April is calmer and healthier.

We kick April off with a bang here at the Center with our Spaghetti Dinner Fundraiser. Precious few tickets still remain, so be sure to reserve your spot soon! I also encourage you to mark your calendars for some wonderful events in May. Our annual Mother's Day Tea on Saturday, May 10th promises to be a wonderful afternoon for mother and daughter, alike. Senior Day at the Mall returns on Wednesday, May 14th. Be sure to get in the spirit of this year's baseball theme by wearing your favorite Pirates shirt and stop in for senior service information, giveaways, entertainment, and much more. And lastly, our annual Art Show will be May 29th - 31st. We welcome artists of all ages and skill levels to show off your works! See Page 7 for more info on all three events.

Lastly, this month's food for thought. Is it better to be impulsive or reserved? If you only press the gas pedal, you're destined to spin out of control. However, if you only pump your brakes, you will never go anywhere. A balance of the two is important. Sometimes that balance comes through our friends and loved ones. If you're often rash, heed the council of someone you trust who is more calculated. If you're a stick in the mud, allow someone adventurous to coax you out of your comfort zone on occasion. Either way you'll find life a little more rewarding.

-Dallas



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
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

Spaghetti Dinner

**Wednesday, April 2nd
5 - 6:30PM**

Come and enjoy a delicious spaghetti dinner which includes salad, dessert, live entertainment, and raffle baskets! Tickets are \$10, with all proceeds benefitting the Center's programs. Thanks to event sponsor: Aetna Medicare Solutions.

Fly Tying Class

**Wednesday, April 9th
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, April 10th
11:30AM - 1PM**

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

Healthy Steps for Older Adults

**Tuesday, April 15th
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.

Healthy for Life w/Penn State Extension (Added Sugar is Not So Sweet)

**Monday, April 21st
12 - 1PM**

This month's presentation will discuss reducing sugar in your diet. Includes meal demonstration and sampling. Sign up in the Main room.

Hot Dog Day

**Tuesday, April 22nd
11:30AM - 12:30PM**

Hot dogs hot off the roller for \$2. Add a pop for \$1 if you're thirsty!

Lunch and Learn (Women's Health w/Amerihealth Caritas)

**Monday, April 28th
12 - 1PM**

This presentation will cover a variety of women's health topics. 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.

Pancake Breakfast

**Tuesday, April 29th
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

Parking Reminder

A reminder that the rear entrance of the Center is not to be used for parking. This area is used for staff needs, our meal delivery vans, and the DART bus drop off/pick up. Please park in the nearby parking lot.

Center Closed

Saturday, May 10th

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

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.)

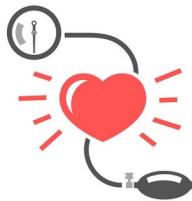
- Room 1 - \$60
- Room 2 - \$100
- Room 4 - \$25

Services & Classes

Health and Wellness Services

◆ Blood Pressure Screenings

- ◆ April 9th 10AM - 12PM
- ◆ April 17th 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 2)
4 week class/\$40
Wednesdays 1 - 2:30PM
April 9, 16, 23, 30
- ◆ Android Phone Class
4 week class/\$48
Thursdays 1:30 - 2:30PM
April 3, 10, 17, & 24
- ◆ Computer Class
4 week class/\$48
Tuesdays 1:30 - 2:30PM
April 8, 15, 22, & 29
- ◆ Ask the Tech (free tech advice)
Fridays 1:30 - 3:30PM
- ◆ Tech2Elevate (free tech help)
Mondays 10AM - 3PM

◆ Card Making Class

Thursday, April 10th
3:30 - 4:30PM
(Supplies provided, must pre-register)



- ◆ **April 28th** - Lunch & Learn (Women's Health w/AmeriHealth Caritas)
- ◆ **May** - Lunch & Learn (To be determined)
- ◆ **June 30th** - 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, April 24th 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.

No Fitness Classes on April 15th. 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 April 1st & 2nd

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
 (looking for a Wednesday instructor)

Square Dancing

Monday at 10AM

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

Health & Wellness

Fresh Spring Nutrition

Spring is a season of renewal and growth, and it's the perfect time to refresh your approach to nutrition. The best spring nutrition strategies include loading your plate with a colorful variety of fresh fruits and vegetables that taste best and provide the most vitamins and minerals this time of year. All those vitamins and minerals also mean that in-season fruit and vegetables are at peak flavor intensity. When your ingredients are bursting with natural flavor, you can cook with less salt and other additives. If you want to lower your sodium intake, incorporating fresh produce and nutrient-rich herbs is an ideal way to keep your blood pressure low and your heart healthy.

In addition to providing nutritional benefits, in-season produce can help lower your grocery bill.

- **Root vegetables:** Carrots, radishes, beets, and parsnips provide an array of nutritional benefits, from natural body hydration to antioxidant and anti-cancer properties.
- **Legumes:** Fresh fava beans and green peas deliver fiber and protein that are key to maintaining muscle mass.
- **Leafy greens:** Seasonal greens, including lettuce, arugula, and chard, help prevent cognitive decline and improve heart health.
- **Herbs:** Enjoy flavor enhancers such as parsley, garlic scapes, and other fresh herbs, which provide alternative flavoring options if you want to decrease salt and sodium intake and maintain a healthy heart and blood pressure.
- **Citrus:** Lemons and limes are bursting with vitamin C, which plays a key role in health by supporting brain cell functions, facilitating iron absorption, and strengthening the immune system.
- **Berries:** Strawberries provide a strong dose of vitamin C and a healthy amount of fiber, which not only aids digestive regularity but also maintains a healthy heart. Avocados are considered single-seed berries and are rich in anti-inflammatory antioxidant properties. Additionally, pineapples—which consist of multiple berries fused together—offer high amounts of vitamin C and potassium.
- **Deciduous fruits:** Apples and apricots, both the fruits of deciduous plants, support healthy digestion with plenty of fiber and vitamins.



Lemon-Lime Pineapple with Mint

Ingredients

- 1 fresh pineapple sliced
- zest of 1 lemon
- zest of 1 lime
- 1 package fresh mint
- 1/4 cup pomegranate seeds (optional)
- 1/2 cup raspberries (optional)

Instructions

1. Cut pineapple slices in half or quarters and place on serving plates.
2. Sprinkle lemon and lime zest on top of pineapple slices.
3. Chop the fresh mint leaves and sprinkle on pineapple slices. Garnish with whole leaves. Place a few pomegranate seeds or raspberries on and around pineapple slices.
4. Serve immediately or cover and refrigerate until needed.



Highlighted Programs

Art Exhibition

Thursday, May 29th 8AM - 7PM
Friday, May 30th 8AM - 4PM
Saturday, May 31st 8AM - 4PM

There is no entry fee, maximum of 5 pieces/artist
 All art must be delivered to CATM by 4 PM Tuesday, May 27th, but no earlier than Thursday, May 22nd.

Artists Luncheon for all artists and a guest

Thursday, May 29th: 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 16th.



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

Healthy Steps For Older Adults

Tuesday, April 15th

10AM – 2PM

Check in begins at 9:30AM

Ages 60 and over

No charge to attend

Please preregister by April 11th. 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 14th

10AM - 12PM

Giveaway courtesy of Premier Sponsor
 Aetna Medicare Solutions*

Vendors with giveaways and information

Complimentary coffee, donut, and ice cream bar*

Demonstrations/interactive stations provided by Beaver County Vo-Tech

WBVP-WMBA Live Broadcast

Ballpark Themed Hot Dog Lunch

*while supplies last

Mother's Day Tea

Saturday, May 10th

1 - 3PM

\$12/person (no refunds)

Please bring your own teacup and saucer.

Raffle baskets

Visit the Center for tickets, must pre-purchase by Thursday, May 1st.



Puzzles & Special Program

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 April 30th.

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

April Word Scramble

Unscramble the letters to solve the puzzle!

1. OCREIURETNSR _____
2. SILILE _____
3. ILRAP _____
4. RAPIL OFSLO _____
5. RABOR DYA _____
6. BJNSEYALLE _____
7. LMENIGT _____
8. LMPA ANDUYS _____
9. ESRWOSH _____
10. YBNUU _____
11. BBUSL _____
12. AEALLHJHLU _____
13. TTFBUYRLE _____
14. SOAVSEPR _____
15. ESASTKB _____
16. EASXT _____
17. GIASNTF _____
18. RHEWETA _____
19. ORHWGT _____
20. TSEERA _____

Artist Residency at Center at the Mall

Tuesdays, May 6th, 13th, 20th, 27th, & June 3rd
10AM - 12PM

- Fully funded by Pittsburgh Center for Arts & Media
- Taught by Teaching Artist Laura Jean McLaughlin
- No cost to attend. All supplies are provided.
- Seating is limited to first 20 registrants
- 5 session class. Each week participants will create a different collage, building upon the skills they learned the prior week.
- Members will be encouraged (but not required) to submit their creations in the Center’s annual Art Show as part of a special “Artist Residency Exhibit”

