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Monthly Memo

Fall is just around the corner and I could not be happier. I enjoy the cool days and beautiful colors our region is blessed to experience. While it may be cooling off outside, autumn is when things start to heat up here at the Center, so we hope you stop in and enjoy all we have to offer this fall. Before I dive into our upcoming events, a quick announcement. Life Family Church will be renting space within the Center on Sundays. Please note: the Center is not open to members at this time. Thank you.

Our annual rummage sale will be occurring September 17th - 19th. Stop in to peruse a variety of items and be sure to donate anything you have been meaning to clear out of your home. Our fall Spaghetti Dinner on October 9th will once again be a chance for good food with great company, don't hesitate to buy your tickets, they sell out fast. Also, be sure to save the date for our Chili Cook-off to celebrate our veterans, November 8th. This is always my favorite event of the year, I hope everyone can find the time to attend and honor our service members.

Lastly, this month's food for thought. Often times, assessing our progress towards our goals is difficult to measure, especially from an internal perspective. I know I am my toughest critic and sometimes find myself looking at a horizon that I will never reach, instead of appreciating my current surroundings. In those moments, it's the perspective of others that helps me most, including compliments I receive from all of you when you're happy with our Center or appreciative of our staff. Take heed when those that care about you give you positive feedback, you may realize the horizon isn't so far off.

-Dallas



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.





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
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 healthcare, senior services, fraud prevention, healthy living, and other topics to allow you to stay safe and in the know



Upcoming Events

Alzheimer's Education w/Penn State Beaver Extension

Wednesday, September 4th
5:30 - 6:30PM

Information and support for those caring for someone with Alzheimer's.

Healthy for Life w/Penn State Beaver Extension (The Role of Food and Your Health: Cholesterol and Blood Sugar)

Monday, September 9th
12 - 1PM

The Healthy for Life series covers health related topics on the 2nd Monday of each month. September's presentation is eating healthy to manage cholesterol and blood sugar, including a food demonstration and samples! Sign-up in Congregate Room.

Birthday Lunch Celebration

Thursday, September 12th
11:30AM - 1PM

Special birthday lunch and entertainment provided by "Johnny"! Must pre-register for lunch by signing up thru Co-pilot or calling the Center.

Seniors for Safe Driving

Monday, September 16th
9AM - 1PM

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

Rummage Sale

September 17th - 19th
9AM - 3PM

Accepting donations of new and gently used items. All proceeds benefit the Center.

Hot Dog Day

Tuesday, September 17th
11:30AM - 1PM

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

Pancake Breakfast - Summer Scam Series

Monday, September 23rd
8:30 - 9:30AM

Start your day with hot off the griddle pancakes and bacon for \$2! Detective DeGori will be educating seniors on how to avoid harmful scams and fraud.

Flu and Shingles Vaccination Clinic w/Bloomfield Pharmacy

Thursday, September 26th
9AM - 12PM

Amy Crea of Bloomfield Pharmacy will be administering a variety of vaccines. Please bring your health insurance card and a photo ID.

Lunch and Learn (Medicare 101 w/PA MEDI)

Monday, September 30th
12 - 1PM

Rebecca Barnes will be discussing the benefits of the PA MEDI program, which provides unsolicited advice for navigating Medicare changes and benefits. 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.

Notices

Center is Closed

Monday, September 2nd for Labor Day

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.

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

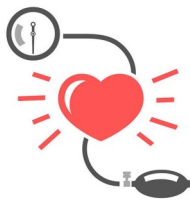
Health and Wellness Services

◆ Blood Pressure Screenings

◆ September 19th 10 - 11AM

◆ Flu and Shingles Vaccines Clinic

◆ September 26th 9AM - 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.



- ✍ **September 30th** - Lunch & Learn (Medicare 101 w/PA MEDI)
- ✍ **October 28th** - Lunch & Learn (CPR and First Aid w/Anova Health Care Services)
- ✍ **November 25th** - Lunch & Learn (Estate Planning & Elder Law w/Elder Law Offices of Shields & Boris)

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

◆ Technology Classes

(sign up sheets in Congregate Room)

◆ iPhone/iPad Class

4 week class/\$40

Wednesdays 1 - 2:30PM

September 4, 11, 18, & 25

October 9, 16, 23, & 30

◆ Android Phone Class

4 week class/\$48

Thursdays 1:30 - 2:30PM

September 5, 12, 19, & 26

No classes in October

◆ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

September 3, 10, 17, & 24

No classes in October

◆ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

◆ Tech2Elevate (free tech classes)

9AM - 12PM

September 23 & 30

◆ Card Making Class

Thursday, September 19th

3:30 - 4:30PM

(Supplies provided, must pre-register)



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 the last Friday of each month 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 Thursday from 10:30AM - 12:30PM. Chess boards 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.

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 2 - 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.

Mahjong 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, this is not an activity for beginners.

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 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, Self-Pay, and Punch Pass eligible.

Chair Volleyball

Tuesday & Thursday at 11AM

Monday, Wednesday, & Friday at 1PM

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

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

(currently looking for an instructor)

Parkinson's Exercise Class

Thursday at 11AM



Healthy & Wellness

Heather Spinelli always submitted the Healthy Tip and Recipe to me for each month's newsletter. She has moved on to another job and we all wish her the best. She asked me to put in this little note to all of you.

"Thank you to everyone for the well wishes, amazing party, cards, and gifts. There are no words to express what a pleasure it was to get to know each of you. I feel truly blessed to have worked at a place that I can honestly say I loved. I will miss everyone, but remember this is not good-bye...just 'love you later!'"

*XOXO
Heather*

Tips for Quick, Healthy Protein/Carb Snacks

String cheese and fruit: Grab a stick of string cheese and pair it with an apple or banana. String cheese is a convenient source of protein, while fruits provide natural carbohydrates and fiber. This simple combo is easy to toss in your bag. Or try these fun fruit and cheese kababs!

Hummus and veggie sticks: Dip baby carrots, cucumber slices, or bell pepper strips into single-serve containers of hummus. Traditionally, hummus is made from chickpeas, which have protein and fiber, while vegetables offer carbohydrates and additional fiber. It's a crunchy, satisfying snack that requires minimal prep and is perfect for on-the-go munching.

Yogurt cups and mixed nuts: Pair a single-serving container of plain or sugar-free Greek yogurt with a small bag of mixed nuts. Greek yogurt is high in protein, while nuts provide protein and healthy fats. Mix the nuts right into the yogurt for a delicious and easy snack that's ready in seconds.

Nut butter apple "sandwiches": Slice apples into rounds, remove the core, and spread your favorite nut butter between two slices. This "sandwich" format is mess-free and easy to pack. Choose for crunchy nut butter to add even more texture.

Air-popped popcorn and Parmesan: A light sprinkle of grated Parmesan cheese can add flavor and a touch of protein to popcorn. If you want to try a more plant-based version, use nutritional yeast instead of Parmesan.

One-pan Salmon and Vegetables

Ingredients

- 1 squash or zucchini, sliced into rounds
- ½ onion, cut into wedges
- 1 cup cherry or grape tomatoes
- 1 bell pepper, sliced
- 3 tablespoons olive oil, divided
- 1 teaspoon Cajun seasoning or your favorite fish-seasoning blend
- 2-3 salmon fillets, about 4 ounces each
- 1 lemon, optional

Instructions

1. Preheat oven to 450 F and line a baking sheet with parchment paper or aluminum foil (not wax paper). If you don't have these, you can thoroughly grease the pan with vegetable oil.
2. In a large bowl, toss all veggies with 2 tablespoons of oil and seasoning, then spread them into a single layer on the baking sheet.
3. Nestle your salmon fillets, skin side down, between the vegetables. Brush with remaining olive oil and top with 2 thin lemon slices each.
4. Roast for 12-15 minutes until salmon is flaky and mostly opaque.
5. Add 1 salmon fillet and a heaping serving of roasted veggies to each plate for a healthy and satisfying meal. Enjoy!



Upcoming Trips & Sales

DONATIONS NEEDED!

Rummage Sale
September 17th - 19th
9AM - 3PM

Stop in and peruse a wide variety of items.
 All proceeds from this sale will go
 towards programs and activities held here
 at the Center.

Accepting new or gently used donations
 until September 13th (no clothing, please).



Veterans Chili Cookoff

Friday, November 8th
12 - 2PM

The Center will once again host a Chili Cookoff 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 Center at the Mall will be holding a Spaghetti Dinner Fundraiser to help support our programs and activities on Wednesday, October 9th from 5 - 6:30pm. Take out will be available as early as 4:30pm. The evening will include live music entertainment, dinner, salad, Italian bread, drink, and 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.

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



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 for a chance to win a raffle prize. Deadline is September 30th.

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	4		2	6	3			
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3	6						4	5
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fall

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LEAVES
 FALL
 ACORNS 
 WIND 
 TREES
 APPLES
 PUMPKINS
 MAPLESYRUP
 SCARECROW
 CORN
 RAKE
 SQUIRREL
 HAY
 TURKEY 