

In The Loop

with the senior scoop

October 2025
Newsletter

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Monthly Memo

October has arrived. I'll start by addressing the question on everyone's minds: the Center's lease with the Mall. I am pleased to announce that the Office on Aging has negotiated a three year lease with the Mall and our Center will be staying at this location for the near future. While we are always on the lookout for ways (or locations) to improve the facility and services we offer to our members, I think we can all agree it is good to have the Center remain here for the time being.

Now, down to our monthly business. It is one of the busiest stretches at the Center, so I encourage you to stop in often and enjoy a wide variety of activities. Our spaghetti dinner fundraiser has already sold out (I did warn you all to pre-purchase tickets!). Our Fall Festival on October 23rd promises to be a fun afternoon of snacks, music, and crafts. Tickets for our Veterans Chili Cook-off on Friday, November 7th are available. All members and veterans of any age are welcome, so be sure to spread the word. See pages 2 and 7 for more details on our upcoming special events.

Lastly, the monthly food for thought. Relaxing is often viewed as a luxury or the reward for a job well done. However, sometimes taking a few moments to relax or reset is just as needed for success as hard work. Our bodies and minds function best when well maintained and rested. Schedule rest the same way you schedule errands and chores and you will find your efficiency actually increases. Have a lovely October.

-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.

Center at the Mall

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

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



Upcoming Events

Spaghetti Dinner

Wednesday, October 1st
5 - 6:30PM

Dinner tickets are sold out, but you can still purchase raffle basket tickets at the front desk until the event. Thank you to event sponsor: Aetna.

Flu Vaccination Clinic

Tuesday, October 7th
9AM - 12PM

Bloomfield Pharmacy will provide flu vaccines (including high dose). No pre-registration necessary, but you must bring your health insurance card.

Birthday Lunch Celebration

Thursday, October 9th
11:30AM - 1PM

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

Fly Tying Class

Tuesday, October 14th
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.

Pittsburgh Cares - Pack a Bag for a Veteran Event

Wednesday, October 15th
10AM - 12PM

Pittsburgh Cares is looking for volunteers to help pack care packages that will be distributed to veterans via Military Mission. Please sign up in the main room.

Black & Gold Day

Thursday, October 16th
9AM - 12PM

Don your favorite Pittsburgh sports attire and watch Steelers and Penguins highlights.

Pancake Breakfast

Monday, October 20th
8:30 - 9:30AM

Hot pancakes off the griddle and sizzling bacon for \$2.

Bosco's Friends Helping Friends

Wednesday, October 22nd

See the front desk anytime between now and the 22nd to purchase a 25% off shopping pass to Bosco's. Passes are \$5 and all proceeds benefit the Center.

Foot Care Clinic w/Mobile Nurse Solutions

Wednesday, October 22nd
10AM - 2PM

Nurses will provide nail trimming, corns and callous abrasion, moisturizing, and more. Cost is \$35, payable at the time of appointment. You must pre-register for a specific timeslot by signing up in the main room.

Fall Festival

Thursday, October 23rd
10AM - 12PM

Fall has arrived! We are celebrating this special time of year with delicious snacks, games, a DJ, and crafts. Thank you to Cigna for sponsoring the event.

Lunch & Learn (Caring for a Loved One w/Jennifer Pucevich of Amedisys)

Monday, October 27th
12 - 1PM

This presentation will cover resources and tips for those caring for a loved one. Suggested donation of \$3 for ages 60+/\$6 charge for ages 59 and under. Includes lunch and special dessert. Please sign up in the main room.

Hot Dog Day

Thursday, October 30th
11:30AM - 12:30PM

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

Notices

DONATIONS NEEDED

We are collecting donations for our Santa Shoppe being held November 18th - 20th. We are accepting new or gently used Christmas and winter themed decorations. Last day to donate is Friday, November 14th.



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 presentations, council meetings, counseling, etc.)

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

Services & Classes

Health and Wellness Services

♦ Blood Pressure Screenings

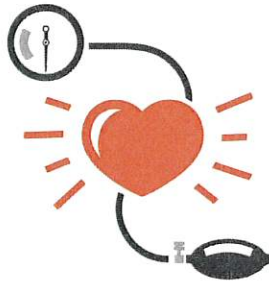
- ♦ October 8th 10AM - 12PM
- ♦ October 21st 10 - 11AM

♦ Flu Vaccination Clinic

- ♦ October 7th 9AM - 12PM
- *bring insurance card*

♦ Hearing Screenings

- ♦ October 28th 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 cancellations without notice. Thank you.

♦ Technology Classes

(sign up sheets in Main Room)

♦ iPhone/iPad Class (level 1)

4 week class/\$40
 Wednesdays 1 - 2:30PM
 October 8, 15, 22, & 29

♦ Android Phone Class

4 week class/\$48
 Thursdays 1:30 - 2:30PM
 Oct. 16, 23, 30, & Nov. 6

♦ Computer Class

4 week class/\$48
 Tuesdays 1:30 - 2:30PM
 Oct. 21 & 28, Nov. 4, & 11

♦ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

♦ Tech2Elevate (free tech help)

Mondays 9AM - 1PM

♦ Card Making Class

Thursday, October 9th
 3:30 - 4:30PM
 (Supplies provided, must pre-register)



- ✍ **October 27th** - Caring for a Loved One w/Jennifer Pucevich of Amedisys
- ✍ **November 24th** - Cancer Awareness w/Beaver County Cancer and Heart Association
- ✍ **December 15th** - Pelvic Floor Physical Therapy w/Jamie's Physical Therapy

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

Group meets the last Wednesday of each month 2 - 3PM. Allows 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. Club is taking a break until spring.

Hand & Foot

Every Tuesday 1 - 3PM. Canasta family card game. Looking for new players to expand the group.

Library (located in computer lab)

Select and return a variety of books, DVDs, 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.

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
Saturdays at 12:30PM

No volleyball: October 1st & 23rd

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.

Line Dancing

Wednesday & Friday at 10AM

Parkinson's Exercise Class

Thursday at 11AM

Notice to those with Highmark Insurance

Highmark is ended their partnership with FitOn Health and went back to Silversneakers/Tivity Health on August 1st. We have enrolled our current fitness members, but you will need to start scanning your Silversneakers card/QR card that we place on the back side of your Copilot card each time you visit. If you have any questions, please speak with a staff member.



Health & Wellness

Heart Healthy Whole Grains

Whole grains are a good source of fiber and other nutrients that play roles in heart health and controlling blood pressure. These foods can also help lower the risk of diabetes, heart disease, and other conditions. Fall is the perfect time to take advantage of a variety of benefits whole grains have to offer. By including them in seasonal dishes, you're both adding flavor and boosting nutrition.

- Start the day with whole-grain oatmeal, cereals, granola, or whole wheat toast for heart health and digestive support.
- Whole-grain crackers or popcorn provide healthy snack options that are low in calories and a good source of fiber.
- Quinoa or barley in soups and stews adds an abundance of vitamins, minerals, and fiber to help lower cholesterol and improve digestion.
- Brown rice's high nutritional content and heart-healthy attributes make it a great option for a side dish.



Easy Oven-Roasted Carrots

Ingredients

- 2 lbs carrots, washed and peeled
- 2 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley, chopped (for garnish)

Instructions

1. Preheat oven to 425 – 450°F.
2. Line a baking sheet with foil or parchment paper.
3. Slice carrots into sticks, peel into ribbons, or use whole baby carrots.
4. Arrange carrots in a single layer on the baking sheet and drizzle with olive oil. Sprinkle with salt and pepper.
5. Roast for 20 – 30 minutes, depending on the size of your cuts, until carrots are tender and slightly caramelized.
6. Garnish with fresh parsley before serving.

✦ **Tip:** Roasted carrots also taste great with a squeeze of lemon or a sprinkle of Parmesan cheese.



Autumn Aqua Log

One common misconception is that the need for hydration decreases as the temperatures drop. In reality, staying properly hydrated in the fall is just as vital as it is during the summer. As the weather cools down, we might not feel as thirsty, but our bodies continue to lose moisture through various means. You should aim to drink at least 8 glasses of water a day, unless told otherwise by your doctor.

Using the chart below, mark off each day in October that you drink at least 8 glasses of water. Turn in the completed chart to the Fitness Center for a chance to win a prize! See Ashley if you have any questions.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	
22	23	24	25	26	27	28	29	30	31	

Special Events



Thursday, October 23rd

10AM to 12PM

Join us to celebrate the season
with a DJ, delicious snacks,
games, and crafts!

Thank you to event sponsor:



GIFT WRAPPERS NEEDED

The Beaver County Office on Aging needs individuals to help wrap gifts for its 39th annual Surprises for Shut-ins program. The program provides a bag of gifts and a friendly visit during December to isolated and homebound shut-ins age 60 and over who live in the community and are identified by the Office on Aging as needing some special attention during the Christmas season.

**Two wrapping open houses will be held at
Center at the Mall**

You may come anytime between:

10AM to 3PM

**Wednesday, November 19th & Monday,
December 1st**

All gift wrap supplies are provided on site
(scissors, tape, gift wrap)

Snacks and beverages are provided.

For information, contact Angela Gentile at BCOA
724-847-2262 (local) or
888-548-2262 (long distance)

Veterans Chili Cookoff

Friday, November 7th

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.

Thank you to our sponsors!



Cigna

♥ aetna

Humana

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 October 31st.

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

HALLOWEEN WORD JUMBLE |



MORBO

DNACY

MIPUPKN

STOHG

EIPSDR

MTUSOCE

ICTWH

REPVIMA

TEELSONK

STONEMR

CLABK

What was the witch's favourite subject in school?



Trip

Discover Canadian Rockies & Glacier National Park

Trip operated by Collette Travel

August 4 - 10, 2026

\$3999/person (double occupancy)

\$4999/person (single occupancy)

\$3949/person (triple occupancy)

\$698 deposit due at registration

Highlights

Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Lake Louise, Heritage Park Historic Village

Trip also includes

10 meals (6 breakfast, 1 lunch, 3 dinners)

Roundtrip airfare from Pittsburgh Intl. Airport and air taxes, fees, and surcharges

Hotel transfers

Trip cancellation protection is available for \$429.00 per person




Rates valid until February 4, 2026. Final Payment due by May 6, 2026

Passport is required for this trip



October

Beaver County

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is served 11:30 am - 1:00 pm Monday - Friday Lunch donation - \$3 for age 60+ \$6 for age 59 and under	To guarantee a lunch, you MUST make a reservation by NOON THE DAY BEFORE. Call Center at the Mall at 724-774-5654	1 Winter Beef Stew Green Beans Cornbread Apple Crisp	2 Turkey w/ Provolone (Turkey, slice Provolone) Lettuce & Tomato Corn Chowder Fresh Fruit Hamburger Bun	3 Swedish Meatballs Buttered Pasta Green Peas Breadstick Fruited Gelatin
6 Meatloaf w/Gravy Baked Potato Carrots Whole Wheat Bread Fresh Fruit	Oktoberfest! Breaded Pork Chop Spatzle with Cheese Braised Cabbage Rye Bread Apple Strudel	8 Smokey BBQ Bacon Burger Cheddar Cheese, BBQ, Bacon Cauliflower Soup w/ Crackers Sandwich Roll Fresh Fruit	October Birthdays! Stuffed Porkchop w/Gravy Seasoned Potatoes Mixed Vegetables Dinner Roll Birthday Cupcake & Ice Cream	10 Chicken Paprikash w/ Creamy Tomato Sauce White Rice Roasted Brussel Sprouts Whole Wheat Bread 
13 Sloppy Joe Country Greens Sweet Potato Bites Hamburger Bun Oatmeal Cream Pie Cookie	14 Roasted Honey Garlic Pork Loin Steamed Broccoli White Rice Fruited Gelatin Dinner Roll	15 Turkey Chef Salad (Turkey, Cheddar, over Mixed Greens w/Tomato) Vegetable Soup Whole Wheat Bread Cake	16 Kielbasa w/Sauerkraut Haluski Green Beans Applesauce Hot Dog Bun	17 Stuffed Pepper w/Sauce Garlic Mashed Potatoes Carrots White Bread Pudding
20 Pasta and Meatballs w/Marinara Sauce Tossed Salad w/tomato Garlic Breadstick Fresh Fruit	21 Salisbury Steak w/gravy Whipped Potatoes Peas Dinner Roll Gelatin	22 Creamy Chicken Tortellini (Chicken, Tortellini) Green Beans Spiced Fruit Whole Wheat Bread 	23 Cheeseburger Tator Tots Bean Soup Tossed Salad w/tomato Hamburger Bun	24 General Tso's Chicken White Rice Garlic Broccoli Mandarin Oranges Cookie 
27 Sliced Ham w/Pineapple Sauce Mashed Potatoes Green Peas Dinner Roll Cookie	28 Chicken Philly Sandwich Vegetable Soup Coleslaw Hoagie Roll Gelatin Cracker	29 BBQ Ribette Ranch Cubed Potatoes Green Beans Hamburger Bun Pineapple & Mandarin Oranges	30 Shrimp Scampi Creamy Pasta Lemon Pepper Broccoli Breadstick Pudding	Happy Halloween! Roasted Pork w/Gravy Parsley Potatoes Carrots Dinner Roll Spooky Cupcakes