

In The Loop

with the senior scoop

November 2025
Newsletter



Monthly Memo

November is volunteer appreciation month. I want to start by thanking all of our volunteers who help make our events and activities here a wonderful experience. We truly cannot do it without you. If you notice someone volunteering, be sure to share your appreciation.

With the holidays on the way, our busy season continues with our Veterans Chili Cook Off on Friday, November 7th. Please be sure to stop at the front desk and get your tickets (free for veterans, \$3 for non-veterans). It's a wonderful afternoon of live music, good food and chili sampling, while honoring our armed forces. Our Santa's Shoppe returns November 18th - 19th. Shop a variety of holiday décor and feel free to donate any new or gently used decorations. Lastly, if you're looking for a way to help those in need this year, I encourage you to look into the Surprises for Shut-ins program. More information on Page 7.

In place of this month's food for thought, I thought I'd share a poem by Ila Shamer (submitted to me by a member). Have a lovely November.

Advice From A Tree

Stand Tall and Proud
Sink Your Roots in Deep
Be Content with Your Natural Beauty
Go Out on a Limb
Drink Plenty of Water
Remember Your Roots
Enjoy the View



-Dallas

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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.



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



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

Special Bingo with Prizes (sponsored by Sheltering Arms)

Tuesday, November 4th

12:15 - 1:30PM

Extra prizes to winners courtesy of Sheltering Arms.

Reindeer Craft w/Marsha

Thursday, November 6th

10 - 11AM

Make a reindeer door hanger! No cost. Please sign up in Main Room.

Veterans Chili Cookoff

Friday, November 7th

12 - 2PM

The Center is holding its annual chili cook-off to honor local veterans. There will be live 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.

Birthday Lunch Celebration

Thursday, November 13th

11:30AM - 1PM

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

Pancake Breakfast

Monday, November 17th

8:30 - 9:30AM

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

Santa's Shoppe

Tuesday, November 18th - Wednesday, November 19th

9AM - 3PM

Support the Center and purchase a few well priced items for the holidays!

Surprises for Shut-ins Wrapping

Wednesday, November 19th - Monday, December 1st

10AM - 3PM

Help the Office on Aging wrap gifts for shut ins. All materials are provided, but we are still accepting donations of wrapping paper and tape.

Power Bites w/Insurance Services of Zelienople

Thursday, November 20th

11AM - 12PM

Make delicious and healthy "power bites" to give you energy for the day to come! Sign up in the Main Room. No cost to attend.

Lunch & Learn (Cancer Awareness w/Beaver County Cancer & Heart Association)

Monday, November 24th

12 - 1PM

This presentation will cover awareness and local resources for those in need of treatment or information. 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

Tuesday, November 25th

11:30AM - 12:30PM

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

Notices

Center Closings

The Center is closed Thursday, November 27th for Thanksgiving Day!



We want to 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.



Friendly Reminder

As flu and cold season approaches, 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. Thank you for your consideration.

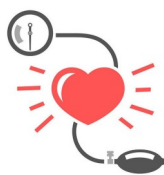


Services & Classes

Health and Wellness Services

◆ Blood Pressure Screenings

- ◆ November 12th 10AM - 12PM
- ◆ November 18th 10 - 11AM
- ◆ November 24th 10AM - 12PM



Please be aware all health services are provided by external agencies and the Center has no control over cancellations without notice. Thank you.

Free Medicare Information & Counseling

Open enrollment season can be confusing. If you have questions regarding changes to Medicare, we encourage you to call the Office on Aging's PA MEDI program (724-847-2262) to schedule a one on one counseling session. You can also sign up in the Main Room for 1 on 1 counseling with licensed agent Nina Yankello, held November 20th and December 4th.



- ◆ November 24th - Cancer Awareness w/Beaver County Cancer and Heart Association
- ◆ December 15th - Pelvic Floor Physical Therapy w/Jamie's Physical Therapy
- ◆ January 26th - Healthy Tips for Aging Well w/Rosann Cunningham

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 Main Room)

◆ iPhone/iPad Class (level 3)

4 week class/\$40

Wednesdays 1 - 2:30PM

November 5, 12, 19, & 26

◆ Android Phone Class

4 week class/\$48

1:30 - 2:30PM

November 6, 13, 20, & 25

◆ Computer Class

4 week class/\$48

Tuesdays 1:30 - 2:30PM

November 4, 11, 18, & 25

◆ Ask the Tech (free tech advice)

Fridays 1:30 - 3:30PM

◆ Tech2Elevate (free tech help)

Mondays 9AM - 1PM

◆ Card Making Class

Thursday, November 20th

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 - 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 Wednesday, November 19th 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: November 7th

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



Health & Wellness

Staying Healthy During the Holiday Season

The upcoming holidays are a wonderful time for family, friends and celebrations. But fall and winter can take a toll on your physical and mental health, even during the festivities. Here are a few tips to stay happy and healthy this holiday season.

- **Wash your hands.** This is one of the best ways to avoid getting sick and spreading common winter illnesses, such as colds. Germs accumulate through nearly everything you do or touch, so wash your hands frequently. Wash your hands for at least 20 seconds, scrubbing all surfaces and rinsing well. If you can't wash your hands, use an alcohol-based hand sanitizer.
- **Exercise.** Cold air sometimes can discourage you from keeping up with your fitness routines. It's easy to let these habits slide for the season, but remember that regular activity can keep you healthy, both mentally and physically.
- **Up your vitamin D intake.** Low vitamin D levels can make you susceptible to illnesses and negatively affect your mental health. Boost your levels by getting in the sunshine and eating foods high in vitamin D, like mushrooms and salmon (as always, check with your doctor before altering your diet).
- **Get enough sleep.** A lack of sleep can lower your immune system. Maintaining a consistent sleep schedule and getting seven to nine hours of sleep per night lets your body recover and protect against sickness.
- **Drink water.** Winter may be a good time for hot cocoa and cider, but it is still important to stay hydrated with water. While hot beverages can be great for warmth, remember to keep it balanced with at least 8 cups of water per day. A glass of water with and between each meal can keep you hydrated, healthy and ready to fight off any germs winter may bring.

Roasted Pears with Honey-Herb Yogurt

Ingredients

- 3 firm-ripe pears
- 2 tablespoons unsalted butter
- 3 tablespoons honey
- ¼ teaspoon ground cinnamon
- 2/3 cup plain Greek yogurt
- 1 tablespoon chopped fresh mint, plus 4 small leaves for garnish
- 1 teaspoon chopped fresh thyme

Instructions

1. Preheat the oven to 400°F.
2. Quarter the pears lengthwise and remove the cores with a paring knife.
3. Melt the butter in a 10-inch cast-iron skillet over medium-high heat, then stir in 1 tablespoon of the honey and the cinnamon. Turn off the heat and add the pears, turning to coat. Arrange cut-side-down and roast, turning once, until golden and tender, about 30 minutes.
4. Meanwhile, stir the yogurt, mint, thyme and the remaining 2 tablespoons honey together in a small bowl. Serve the warm pears drizzled with some of the cooking liquid from the skillet, a dollop of the yogurt, and a small mint leaf.



Bingo With a Fitness Twist!

It can be difficult to stay active as the weather gets cooler. Challenge yourself to keep moving this month by joining our November Exercise Bingo Challenge! Stay active by completing exercises and be entered to win prizes! Please see Ashley in the Fitness Center if you would like to participate.



Special Events

Bonanza Bingo

(limited seating, members & their guests only)

Tuesday, December 9th
12 - 2PM

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

Buy-in

\$18 pre-register

\$20 after December 2nd

Games

8 Regular, 3 Specials, 2 Lightning Rounds,
Coverall

Event also includes

Lottery Ticket Raffle

50/50

Refreshments

Prizes

Santa's Shoppe

November 18th - 19th

Stop in and browse a wide variety of holiday décor. We are still accepting donations of new or gently used decorations. Last day to donate is Friday, November 14th.



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

Sign up in the Main Room:

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 Cook Off

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

Please get your tickets in advance.

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 November 30th.

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



NOVEMBER

CORNUCOPIA
FAMILY
FEAST
FOOD
GOURDS
HUNTING
INDIANS
MAIZE

MEAL
PIE
PILGRIMS
POTATOES
SCARECROW
SHARING
THANKSGIVING
TURKEY

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

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