



LIFE IN PROGRESS
SINCE 1985

ELIZABETH SETON CENTER Senior Center Newsletter



August 2023



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412.344.4777



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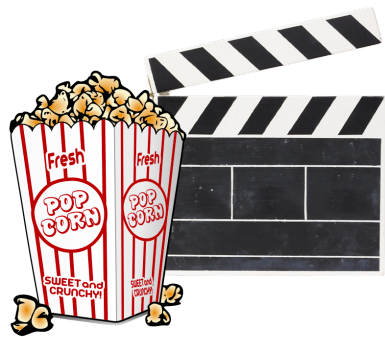
A Note to our Seniors...

We have SO MANY exciting things for you this month! New this month, we have a Tai Chi class offering, Caregiver Coffee Hour, and a Kennywood Picnic day on August 26th! We hope that you enjoy this array of activities, and hope you'll join us!

Also, thank you so much to everyone who showed up for the Farmer's Market Voucher Day, especially our Volunteers! The day ran very smoothly, and we couldn't have done it without your help. It was wonderful to see some new faces!



Heads up! Seton Center's Grandparents Day Bingo will return in September! Keep an eye out for tickets that will go on sale this month!



MOVIE DAYS

We will provide the movie and the popcorn at no charge along with a refreshing drink; other snacks will be sold separately. Seats are limited to 24. Please call Seton Center at 412-344-4777 to make your reservation!

AUG. 16TH, 12PM
BOOK CLUB 2:
THE NEXT CHAPTER



AUG. 30TH, 12PM
JESUS REVOLUTION



CRAFTS & CLASSES

FOR RESERVATIONS, CALL 412.344.4777

**9 August 2023, 9a-1p: AARP Driver's Safety Course
(Renewals Only)**

Brookline Main Campus

Cost: \$20 AARP Member/ \$25 Non-Member

10 August 2023, 11am: Sunflower Wreath Craft

Overbrook Senior Center

Cost: \$10



We will be using bandanas to make a shabby-chic sunflower wreath, perfect for late summer/fall!

Please call or stop in to reserve your spot.

23 August 2023, 10AM-12PM: Line Dancing With Carol

Brookline Main Campus

Cost: \$5

Seton Center has hired a line dancing instructor to show you how to have fun and still get your daily exercise in with a variety of musical stylings! Interested in joining the music, dancing, and fun?

Call the Center for a reservation, spots are limited!

23 August 2023, 12:30pm: Sam's Healthy Cooking Class

Brookline Main Campus

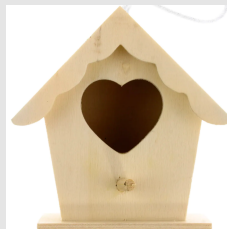
Cost: \$5

Sam will return to Seton Center to cook up one of his famous dishes! If you are interested in attending his class please call or stop in to reserve your spot.

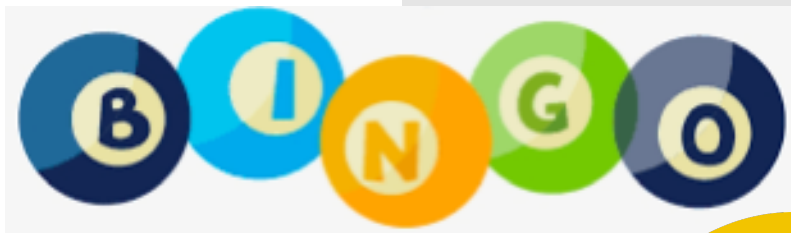
31 August 2023, 11am: Craft Day w/ Betty Jo!

Brookline Main Campus

Cost: \$5



Join us as Betty Jo leads us in making bird houses!



OVERBROOK BINGO

Drop-In Bingo w/ Deb!
Tuesdays @11AM
Lunch break around noon
(\$1.25 Suggested Lunch Donation)

Looking for a more casual Bingo experience? Drop in to Overbrook on Tuesdays for some games, good conversation, and lunch!

August 22nd: Luau Bingo!
Overbrook Senior Center
11 AM
Cost: \$10*

Aloha! Join us for a special luau bingo, complete with food, games, and more! Price includes catered lunch, first bingo cards, & door prize ticket.

We will play 10 regular games, 2 specials, and 1 jackpot!

*please note, due to the nature of the event set up, we are no longer able to accommodate an "opt-out" rate for those who do not want lunch. We do our best to provide a variety of options!



BROOKLINE BINGO

NO RESERVATIONS REQUIRED!

Regular Bingos: Mondays & Fridays, 11AM
Cost: \$5

Please note: Friday August 11th will be our Super Bingo Party! See the next page for more details and themes!

**On Monday August 21st, Hey Joe will be there to entertain the group at 12pm during lunch. Cost: \$5*



Standard Payouts:

- 13 Regular Games - \$5.00 (cash or gift card)
- 2 Specials - \$10.00
- 1 Jackpot - \$40.00 + \$25.00 with Magic Number or Super Magic



SUPER BINGO PARTIES!



**11 August 2023, Doors @10AM, Play @11AM: Super 60s
Super Bingo!**

Brookline Senior Hall

Cost: \$15

(Includes 1st Bingo Packet, Lunch, & 1 door prize ticket)

Groovy! Doors will open at 10am, rain or shine! Join us for the fun and take your chance on door prizes, basket raffles, and share the wealth! We will have a catered lunch option.

Our Super Bingo Party gives our players a chance to win BIG BUCKS! We will pick 4 magic numbers and 1 super magic number for the cover all (each magic number receives one payout only)

Payouts:

13 Regular Games pay \$10.00 + \$25.00 with Magic Number

2 Specials Pay \$20.00

1 Jackpot Pay \$80.00 + \$25.00 with Magic Number or Super Magic Number \$100.00

RESERVATIONS REQUIRED: Call 412.344.4777

***NEW* Tai Chi With Anne-Marie**

Tuesdays in August (August 1st, 8th, 15th, 22nd, and 29th) from

11-11:45AM, Brookline Main Campus

Cost: \$5



Tai chi is a wonderful exercise choice for seniors because the slow and steady movements are low-impact and can easily be adapted. Many seniors tend to fall into the trap of believing they are too old or out of shape to learn something new. This simply isn't true. With some patience, a good instructor, and a suitable style for their age and stamina, they can incorporate a daily practice into their lifestyle to improve their health—both mentally and physically.

(Source: aegisliving.com)

GAMES, SPECIAL EVENTS & MORE!



16 August 2023: Left, Right, Center Game Day!

**Overbrook Senior Center
10:30am**

Bring Quarters or Spare Change

Get ready to turn that spare change into prizes! Come play this exciting game with us to see who can win it big! We'll play multiple rounds and winners will have the chance to trade their winnings into prizes! Lunch will be served at noon.

For more information please call 412-882-7135.

**31 August 2023: Warhol Museum Outing & Lunch
Depart Brookline at 10am
Cost: \$5 (+ pay for your own lunch)**

Join us as we head to the strip district for a visit to the Andy Warhol Museum. The Andy Warhol Museum tells Andy's story and explores his legacy through the largest collection of Warhol art and archives in the world! We will stop for lunch (location TBD). Reservations required! Call 412-344-4777 for more info.



**Sno Cones on-site at Brookline!
Mondays in August
3pm-6pm
(weather dependent)
\$3 each**

In the parking lot



Just an Idea...

Do you have a card club, knitting group, book club, Mahjong group, etc and are looking for a place to entertain? Seton Center can offer you space and lunch to hold your club during daytime hours on Tuesday and Thursdays at no charge. If you are interested in booking a time and day please call Blake Nieri at 412-343-4777. Group must be 60 years of age or older.



HEALTHY LIVING

Silver Sneakers

Mondays, 4pm-5pm

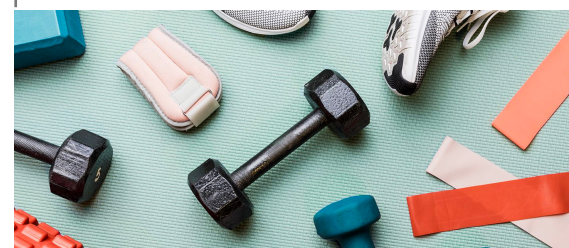
**Brookline Main Campus
FREE**

Classes are held in the Senior Center conference room. Lynda Brimage, our SilverSneakers FLEX instructor, will be helping to grow, shape, and develop this valued fitness program. To reserve your spot please call Seton Center at 412-344-4777

Fitness Center OPEN

**Monday-Friday from
8am-5pm**

**Brookline Main Campus
FREE
No Reservation Required!**



ADDITIONAL INFORMATION

Transportation Needs:

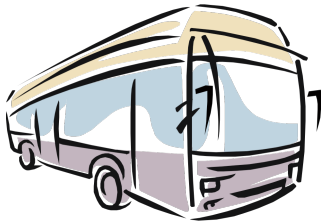
If you need assistance in signing up for Access or OPT (older person transportation) and would like to participate in the Seton Center activities please give Debra Schilling a call She can be reached at:

412-882-7135

Tues.-Thurs. 10AM-2pm
OR

412-344-4777

Mondays & Fridays 8AM-5PM



Volunteers are needed and much appreciated at Seton Center. We have a great volunteer base but could always benefit from a few more. If you're interested in helping us out please call the center.

Janoski's Farm & Lunch Trip

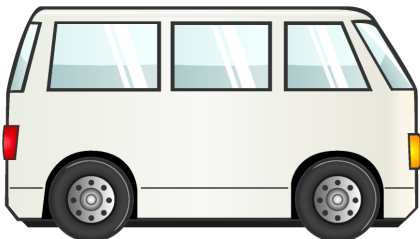
**Thursday, August 17, 2023
Meet at Brookline at 10am**

Join us as we go to Janoski's Farm in Clinton, PA as we explore the greenhouse and fresh produce! We will stop at Lu-Lou's for lunch (your expense).

RESERVATION REQUIRED

(Limited seating on vans):

Call 412-344-4777 **COST: \$5**



***NEW* Caregiver Coffee Hour
Wednesday August 16th, 9:30AM-10:30AM**

**Overbrook Senior Center
FREE**



Caring for a loved one is a noble, yet daunting task. Caregivers can often feel helpless, lonely, and isolated. The Seton Center's Adult Day Care Program helps to take some of the burden from the caregiver throughout the day so that you can continue to work and take care of the day-to-day chores.

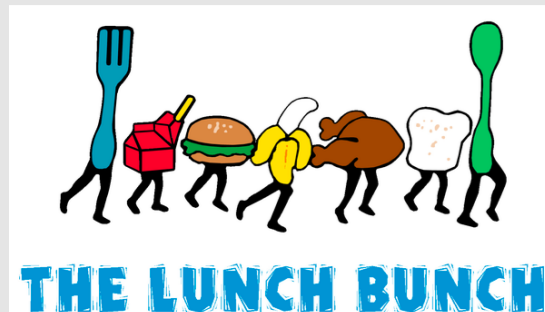
Seton Center is starting a Caregivers Support Group to help care for YOU, the Caregiver. Our monthly meetings will provide an opportunity to meet other caregivers in your neighborhood and to share experiences, stories, and suggestions that may help others. We will also provide information about specific age-related diseases, along with recommendations for helpful resources. Each month we will focus our discussion on a topic of interest that will benefit the group. Refreshments will be provided, and attendance is open to all ages.

We look forward to seeing you!

Questions? Email kate@setoncenter.com

New Lunches!

Looking for a good place to have lunch? We have a new food provider and have been getting very good feedback! Lunches are served at Seton Center Monday through Friday from 11:30 AM to 1:00 PM and at Overbrook Tuesday through Thursday 11:30 AM to 1:00 PM to all Seniors 60 and over. All lunches are to be consumed on site. Please call Seton Center @ 412-344-4777 if you are interested in receiving a lunch. The monthly menu is attached to the back of the newsletter.

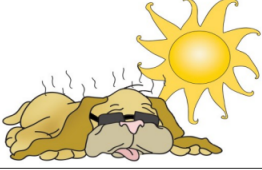





AUGUST



2023

Mon	Tue	Wed	Thu-Light Fare	Fri
 <p>1 Pesto Chicken (1 Breast) 1/2 C Roasted Broccoli 1/2 C Buttered Farfalle Pasta Banana Shortbread Cookie Cal 778</p>	<p>2 Herbed Petite Beef Tenderloin w/Demi Glace (1 Slice Beef) 1/ C Roasted Sunset Blend 1 C Strawberry Spinach Salad 1 C Orzo 1 C Gelatin Cal 741</p>	<p>3 Turkey & Cheddar Sandwich (2 oz Turkey, .75 oz cheese) 1/2 C Three Bean Salad 1 WG Sandwich Roll Fresh Apple Mayonnaise, Lettuce & Tomato Cal 656</p>	<p>4 Stuffed Cabbage (1 Roll) 1/2 C Mashed Potatoes 1 C Zucchini Parmesan Soup WW Bread Slice 1 C Vanilla Greek Yogurt Margarine Cal 661</p>	
<p>7 Roast Pork (1 Slice) 1/2 C Peas & Pearl Onions 1 C Cabbage & Noodles WW Bread Slice 1/2 C Watermelon Margarine Cal 613</p>	<p>8 Chicken Marsala (1 Piece) 1/2 C Mashed Potatoes 1/2 C Herbed Petite Gr Beans WW Bread Slice 1/2 C Chocolate Pudding Margarine Cal 633</p>	<p>9 Swedish Meatballs (2) 1/2 C Tri-Color Carrots 1/2 C Buttered Noodles 1/2 C Fresh Fruit Salad Margarine Cal 733</p>	<p>10 Summer Berry Salad w/Chicken & Chow Mein Noodles 2 C Salad Greens (In Entrée) 1/2 C Mango & Pineapple Salad WW Bread Slice Sugar Cookie Margarine, Salad Dressing Cal 771</p>	<p>11 Pub Steakburger w/Cheese 1/2 C Diced Potatoes 1/2 C Broccoli Slaw WG Sandwich Roll 1/2 C Fresh Cantaloupe Ketchup Cal 783</p>
<p>14 BBQ Beef Brisket (1/2 C)1/2 C Herbed Petite Gr Beans 1/2 C Macaroni & Cheese 1 C Berry Medley w/Yogurt Cal 613</p>	<p>15 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1 C Zucchini Parmesan Soup 1 3/4 C Strawberry Spinach Salad 1/2 C WG Penne w/Sauce Chocolate Chip Cookie Salad Dressing Cal 673</p>	<p>16 Turkey Sausage, Biscuits & Gravy (3 Sausage Links) 1/2 C Diced Potatoes 1/2 C Peppers & Onions 1 WG Biscuit w/Gravy Fresh Apple Ketchup Cal 647</p>	<p>17 Tuna Club Sandwich (4.8 oz. of tuna salad) w/Lettuce & Tomato WG Sandwich Roll 1/2 C Broccoli Slaw Fresh Pear Cal 705</p>	<p>18 Meatloaf (1 Slice) 1/2 C Cheesy Mashed Potatoes 1/2 C Orange Herb Roasted Beets WW Bread Slice 1/2 C Gelatin Margarine Cal 757</p>
<p>21 Chicken Tenders (2 Pieces) 1 C Cauliflower Cheddar Bisque 1/2 C Potato Wedges WW Bread Slice 1/2 C Fresh Fruit Salad Margarine, Honey Mustard Cal 735</p>	<p>22 Italian Sausage w/Peppers (1 Sausage Link) 1/2 C Sauteed Spinach 1/2 C Savory Watermelon Salad WG Hot Dog Roll Oatmeal Raisin Cookie Cal 802</p>	<p>23 Beef Pot Pie (1 C Beef Stew) 1/2 C Tri Color Carrots 1/2 C Mashed Potatoes WG Biscuit 1/2 C Vanilla Pudding Margarine Cal 814</p>	<p>24 Ham & Swiss Sandwich (2 oz ham, 1.5 oz cheese) 1/2 C 3 Bean Salad WG Sandwich Roll 1/2 C Fresh Pineapple Mustard, Lettuce & Tomato Cal 631</p>	<p>25 Mahi Mahi Fish Sandwich w/Tartar Sauce (4 oz Fish) WG Sandwich Roll 1/2 C Roasted Red Potatoes 1 C Tomato Basil Soup 1/2 C Fresh Honey Dew Cal 607</p>
<p>28 Vegetable Lasagna (8oz) 1/2 C Balsamic Glazed Broccoli 1 1/4 C Romaine Mandarin Salad WW Bread Slice 1/2 C Vanilla Greek Yogurt Margarine, Salad Dressing Cal 770</p>	<p>29 BBQ Pulled Pork (3 oz) 1/2 C Fire Roasted Sweet Potato 1/2 C Coleslaw WG Sandwich Roll 1/2 C Fresh Fruit Salad Cal 705</p>	<p>30 Herb Baked Salmon (1 Filet) 1/2 Cup Scalloped Potatoes 1/2 C Roasted Brussels Sprouts WW Bread Slice 1/2 C Chocolate Pudding Margarine Cal 817</p>	<p>31 Spring Mix Salad w Turkey (3.5 oz Turkey) 2 C Salad Greens 2 WW Bread Slices 2 Fresh Clementines Margarine, Salad Dressing Cal 603</p>	

**Seton Center Kennywood Day is Saturday August 26th!
Discount Tickets Available for Purchase**

**Gather your kids, grandkids, and friends to join us for a day of fun at Kennywood with reduced admission price!
Tickets start at: \$36!**

Mobility Scooters are Available for Rent At The Park.

