



LIFE IN PROGRESS
SINCE 1985

ELIZABETH SETON CENTER Senior Center Newsletter

 September
2023



BROOKLINE- MAIN CAMPUS
1900 PIONEER AVE
PITTSBURGH, PA 15226

412.344.4777



OVERBROOK SENIOR CENTER
2199 DARTMORE STREET
PITTSBURGH, PA 15210

412.882.7135

BLAKE NIERI

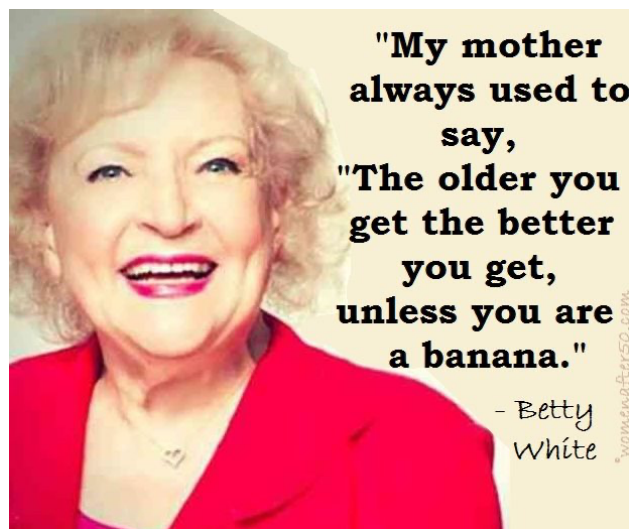
Director of Senior Services
BLAKE@SETONCENTER.COM

DEB SCHILLING

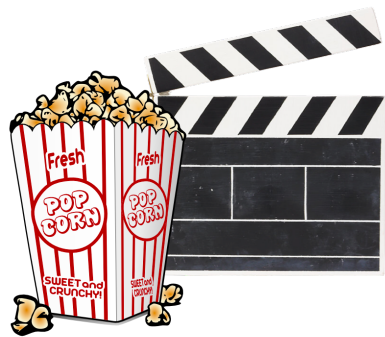
I&R Specialist
DEB@SETONCENTER.COM

A Note to our Seniors...

Can you believe that fall is almost upon us? We hope you're looking forward to all of the great things we have planned! Highlights this month include a trip to the casino, three craft days, new exercise classes, and a Red Carpet Bingo Party! Please note that due to the nature of our Bingo Parties, 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! We will also have a special flag presentation on Monday, September 11th during lunch (Courtesy of Woodmen Life). As always, feel free to invite your friends to join our center! Registration information can be found at either site.



**Seton Center will be CLOSED on Monday,
September 4th for Labor Day.**



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!

SEPT. 13TH, 12PM
SAM & KATE



SEPT. 27TH, 12PM
CHAMPIONS



CRAFTS & CLASSES

FOR RESERVATIONS, CALL 412.344.4777

6 September 2023, 11am: Fall Doormat Craft

Overbrook Senior Center

Cost: \$10



Doormats are back by popular demand! Join us as we make a stylish fall doormat. You will have a choice of a pumpkin or ghost design! Spots are limited, reservations required!

11 September 2023, 10:30am-12pm: CCAC Chair Aerobic Exercise Class

FREE

Brookline Main Campus

Chair Aerobics is aerobic exercise using a chair to either sit or use for balance. Chair Aerobics is designed to be a workout for all abilities that will increase your heart rate, burn calories, and build strength. Please call to reserve your spot!

13 September 2023, 12:30pm: Pasta Making Class with Chef Brandon

Brookline Main Campus

Cost: \$5



Mangia Bene! Join us for a special pasta making class that will leave you saying, "That's amore!" Spots are limited, so be sure to call ahead!

21 September 2023, 10am: CCAC Arts & Crafts w/ April

Brookline Main Campus

FREE

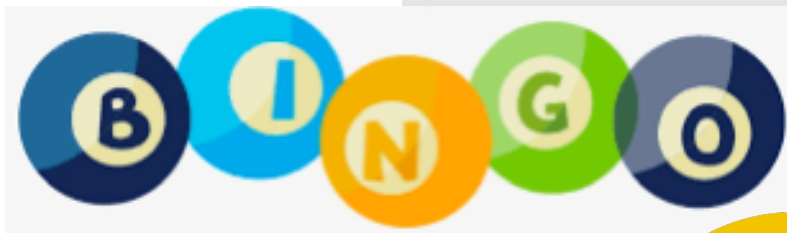
26 September 2023, 12pm: Craft Day w/ Betty Jo!

Brookline Main Campus

Cost: \$5



Join us for some Halloween crafting with Betty Jo! Reservations required!



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!

12 September 2023, 11am:
Steelers Tailgate Bingo Party
Overbrook Senior Center
Cost: \$10

Here we go! Join us for our monthly Bingo party, black & gold style. A special lunch will be served, along with basket raffles, Share the Wealth, and more! Doors will open at 10:30 am with "kickoff" at 11 am! The price includes a special lunch, first bingo cards, & door prize ticket.

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



BROOKLINE BINGO

NO RESERVATIONS REQUIRED!

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

Please note: Friday, September 1st will be our Super Bingo Party! See the next page for more details and themes!

September 18th: Tom Allen Band will be performing during lunch! (Cost: \$5)

September 25th: 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 Number \$50.00



SUPER BINGO PARTIES!

1 September 2023, Doors @10AM, Play @11AM: Hollywood Red Carpet Super Bingo!
Brookline Senior Hall

Cost: \$15

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

Lights, camera, action! Come dressed as your favorite celebrity or in your favorite red-carpet attire. 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



Sno Cones on-site at Brookline!

Mondays in September

3pm-6pm

(weather dependent)

\$3 each

In the parking lot



Tai Chi With Anne-Marie

Tuesdays in September (9/5, 9/12, 9/19, & 9/26)

11-11:45AM, Brookline Main Campus

Cost: \$5

Enhance your physical, mental and spiritual well-being with this ancient form of martial arts. Topics include increasing self-awareness through relaxation techniques, breathing exercises and flexibility movements.



GAMES, SPECIAL EVENTS & MORE!



20 September 2023: Left, Right, Center & Other Games!

**Overbrook Senior Center
10:30am**

Bring Quarters or Spare Change

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.



**Pool Table at Overbrook is Open!
Tuesdays, Wednesdays, and
Thursdays from 9am-2pm**

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**

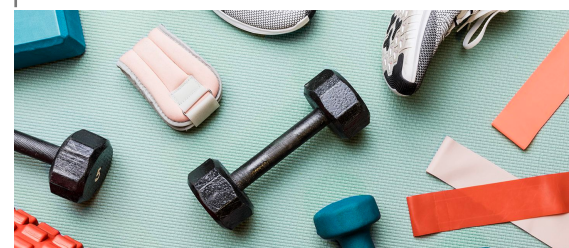
Classes are held in the Senior Center conference room. Lynda Brimage, our SilverSneakers FLEX instructor, will be helping to grow, shape, and develop this valued fitness program. To reserve your spot please call Seton Center at 412-344-4777

Fitness Center OPEN

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

**Brookline Main Campus
FREE**

No Reservation Required!



Join us for
**GRANDPARENTS DAY
SUPER! BINGO!**

**Saturday, September 9th
12pm**

Doors & Concessions open at 11am
Seton Center- Brookline
1900 Pioneer Ave
Pittsburgh, PA 15226

Fun for the whole family!

Cash prizes, kids' prizes, raffles & more!

\$10 Donation
Includes first set of bingo cards. Additional cards available for purchase.

For tickets, visit one of our Senior Centers or call Shalee at 412.561.8400 ext. 240 or email shalee@setoncenter.com



SETON CENTER

Questions? Contact jamie@setoncenter.com

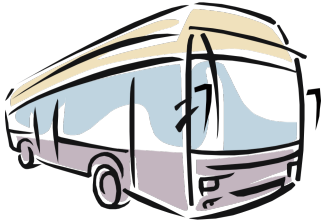
Transportation Needs:

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 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.

Caregiver Coffee Hour

Wednesday, September 20th

9:30 AM-10:30AM

Overbrook Senior Center

FREE

Are you caring for a spouse or loved one? Join us for this fun & informative group! We will share resources, stories, and self-care advice while having refreshments.

All are welcome to join us!
For more information, email
kate@setoncenter.com



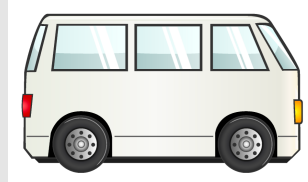
GROUP OUTINGS

Rivers Casino & Lunch Trip

Thursday, September 7th, 2023

Meet at Brookline at 10am

Join us as we try and win big at the Rivers Casino! We will go to the Wheelhouse Restaurant for lunch. (Pay for your own meal).
RESERVATION REQUIRED (Limited seating on vans):
Call 412-344-4777 **COST: FREE**



Trip to the Strip with Lunch at Salem's Grill

Tuesday, September 19, 2023

Meet at Brookline at 10am

Explore the shopping and sites of the Strip District with us! We will meet for lunch at Salem's Grill (pay for your own lunch).
RESERVATION REQUIRED (Limited seating on vans):
Call 412-344-4777 **COST: \$5**

Save the Date:

ELIZABETH SETON CENTER
PRESENTS

Designer Purse
BINGO

and Brunch!

SATURDAY NOVEMBER 18TH, 2023

Doors at 10:45am | Brunch at 11am | Bingo at noon

\$50 per person

Each ticket includes one set of bingo cards, brunch, door prize ticket, & one drink ticket!

GV Social Hall by Gianna Via's
5311 McAnnulty Road
Pittsburgh, PA 15236

10 Games | Cash Bar | Raffles | Door Prizes
Instant Bingos | 50/50 & more!










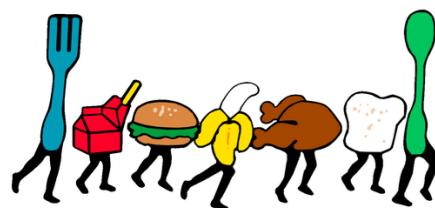
Daily Lunch Menu

September 2023



Mon	Tue	Wed	Thu-Light Fare	Fri
				1 Asian-Inspired Orange Chicken (w 3/4 C diced chicken) 1/2 C Broccoli 1/2 C Asian Cucumber Salad 1/2 C Vegetable Fried Rice 1 Sugar Cookie Cal 635
4 	5 Pesto Chicken (1 Breast) 1/2 C Roasted Broccoli 1/2 C Buttered Farfalle Pasta Banana Shortbread Cookie Cal 778	6 Herbed Petite Beef Tenderloin w/Demi Glace (1 Slice Beef) 1/2 C Roasted Sunset Blend 1 C Strawberry Spinach Salad 1/2 C Orzo 1/2 C Gelatin Margarine, Salad Dressing Cal 741	7 Turkey & Cheddar Sandwich (2 oz Turkey, 0.75 oz Cheese) 1/2 C Three Bean Salad 1 WG Sandwich Roll Fresh Apple Mayonnaise, Lettuce & Tomato Cal 656	8 Stuffed Cabbage (1 Roll) 1/2 C Mashed Potatoes 1 C Zucchini Parmesan Soup WW Bread Slice 1/2 C Vanilla Greek Yogurt Margarine Cal 661
11 Roast Pork (1 Slice) 1/2 C Peas & Pearl Onions 1 C Cabbage & Noodles WW Bread Slice 1/2 C Watermelon Margarine Cal 613	12 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	13 Swedish Meatballs (2) 1/2 C Tri-Color Carrots 1/2 C Buttered Noodles 1/2 C Fresh Fruit Salad Margarine Cal 733	14 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	15 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
18 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 651	19 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	20 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	21 Tuna Club Sandwich (4.8 oz. of tuna salad) w/Lettuce & Tomato WG Sandwich Roll 1/2 C Broccoli Slaw Fresh Pear Cal 705	22 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
25 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	26 Italian Sausage w/Peppers (1 Sausage Link) 1/2 C Sautéed Spinach 1/2 C Savory Watermelon Salad WG Hot Dog Roll Oatmeal Raisin Cookie Cal 802	27 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	28 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	29 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

Looking for a good place to have lunch? 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 LUNCH BUNCH