



LIFE IN PROGRESS
SINCE 1985

ELIZABETH SETON CENTER Senior Center Newsletter



JULY 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

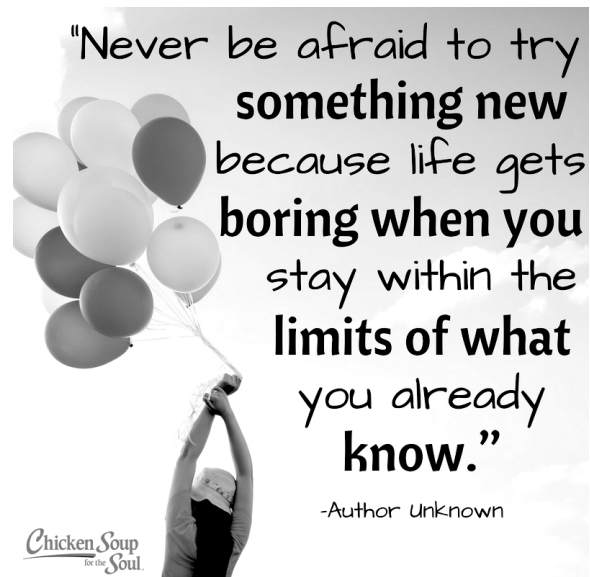
Director of Senior Services
BLAKE@SETONCENTER.COM

DEB SCHILLING

I&R Specialist
DEB@SETONCENTER.COM

A Note to our Seniors...

Great news! The Farmers Market Voucher Distribution has been rescheduled for this month!! Vouchers will be distributed on TUESDAY JULY 25TH! More info can be found inside of this newsletter. Whether it's learning some new dance moves, exploring new places, trying new foods, or making new friends, this is a great month to get out there and try new things with Seton Center! Additionally, we have added information about upcoming travel opportunities with Dormont AARP, one of our partner organizations! We hope you enjoy this month's offerings and are having a great summer!

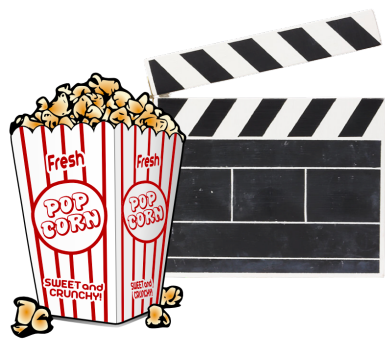


"Never be afraid to try
something new
because life gets
boring when you
stay within the
limits of what
you already
know."

-Author Unknown

Chicken Soup
for the Soul

**Reminder: Seton Center is CLOSED
on July 3rd and July 4th!**



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!

***JULY 5TH, \$5**
BRUNCH & MOVIE
THEATER OUTING, \$5!
(MORE INFO ON PAGE 5)



JULY 19TH, 12PM
THE FABELMANS



CRAFTS & CLASSES

FOR RESERVATIONS, CALL 412.344.4777

6 July 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, as space is limited! Taste test is included!

13 July 2023, 11am: Design A Whimsical Wind Chime
Overbrook Senior Center
Cost: \$10



Upcycling: "The act of taking something no longer in use and giving it a second life and new function, often making it more practical and valuable than before." Join us as we upcycle kitchenware, keys, and more to make beautiful wind chimes! We will have materials, but feel free to bring your own treasures too! Lunch will be served.

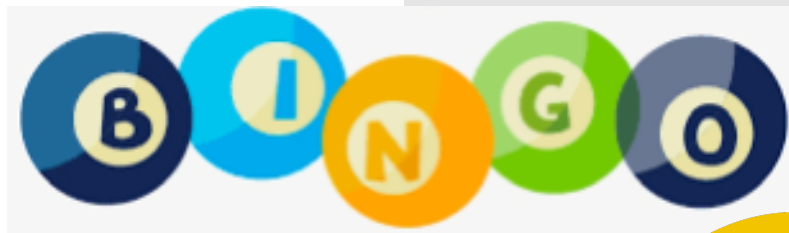
19 July 2023, 10am: Line Dancing Class!
Brookline Main Campus
Cost: \$5

Seton Center will be trying something new in the "line" of cardio exercising! We have hired a line dancing instructor to show you how to have fun and still get your daily exercise in. Interested in joining the music, dancing and fun? Call the Center for a reservation, spots are limited!

27 July 2023, 11am: Craft Day w/ Betty Jo!
Brookline Main Campus
Cost: \$5



The options are virtually endless as we make Tie Dye T-Shirts! Cost is \$5 per shirt, and please RSVP with your shirt size!



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!

July 26th: Christmas in July Bingo!
Overbrook Senior Center
11 AM
Cost: \$10

Get ready to be Jolly in July! Games, food, prizes, and “snow” much more!
Optional: bring a \$5 wrapped gift for a white elephant gift exchange!
We will play 10 regular games, 2 specials, and 1 jackpot!



BROOKLINE BINGO

NO RESERVATIONS REQUIRED!

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

Regular Bingo Days: July 7th, 10th, 14th, 17th, 24th, & 31st.

Please note: Friday July 21st will be our Super Bingo Party! See the next page for more details and themes!

****On Monday July 24th, there will be MAGIC in the air for our regular Bingo! Stop by to play bingo, or just appear for lunch and the magic show!* (Included in regular bingo price, lunch & show only 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!



21 July 2023, 10AM: Beach Party Super Bingo!

Brookline Senior Hall

Cost: \$15

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

Get your beach blankets ready! 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 prepared lunch!

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 \$75.00 + \$25.00 with Magic Number or Super Magic Number \$100.00



RESERVATIONS REQUIRED: Call 412.344.4777



Upcoming Travel Opportunities with AARP!

Nashville and Memphis – 4 days/3 nights August 28-31, 2023

\$750 Double, \$928 Single, non-member is \$20 additional.

This trip includes 3 nights in Nashville, 3 breakfasts, 3 fantastic dinners including the The Nashville Nightlife Dinner Theatre, Admission to Graceland for the amazing Graceland Experience Tour, Reserved seating at the Grand Ole Opry, admission to the country Music Hall of Fame, Free time on Broadway Street for shopping.

Branson, Missouri, Illinois and Route 66 – 8 days/7 nights Oct. 1-8, 2023

\$1,310 Double, \$1,461 Single, non-member is \$20 additional

This trip includes 7 nights hotel including 4 in Branson, 7 breakfasts, 3 lunches, 6 dinners including Showboat Branson Belle Dinner Cruise, Route 66 Hall of Fame, Guided Tour of Branson area. Five fabulous shows including Baldknobber's Jamboree, Showboat Branson Belle, The Dolly Parton Stampede, The Doug Gabriel Show, and The Hughes Brothers Music Show. We will also visit The Village Shoppes and many more museums and stops along the way in Illinois including Lincoln House & Law Office Tour, Henry's Rabbit Ranch, Meramac Cavern, Route 66 State Park & Visitor Center. There is too much to list!

Interested?

Please contact Lynne Gottesman

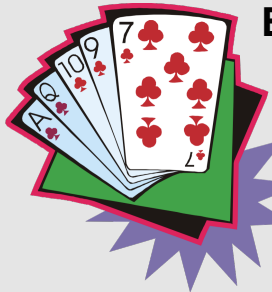
412-421-6330

lynne5115@yahoo.com



GAMES, SPECIAL EVENTS & MORE!

Pokeno: Tuesdays around 11am Brookline Main Campus



This month players will meet on July 11th, 18th and 25th. Sign in sheets will be posted at the beginning of each week. All are welcome to attend! Bring a group of friends, or join our regulars! These are cash games with lots of laughter and socialization. For more information call Seton Center @ 412-344-4777.

Overbrook Pool Table: Open Tuesday-Thursday from 10am-2pm



Attention Pool Sharks! Looking for a place to shoot pool with other seniors? Overbrook has reopened the billiards room on the 2nd floor. Stop in, play a game or two, and enjoy a hot lunch. For more information please call 412-882-7135.



20 July 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.



5 July 2023: Movie & Brunch Outing Galleria, Mt. Lebanon Depart at 10am

Cost: \$5 (inc. transportation and ticket)

Join us as we head to the Galleria in Mt. Lebanon for Brunch at Panera Bread (your expense), followed by a visit to the theater to see Indiana Jones & the Dial of Destiny (11:45 showing). Reservations required! Call 412-344-4777 for more info.

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.

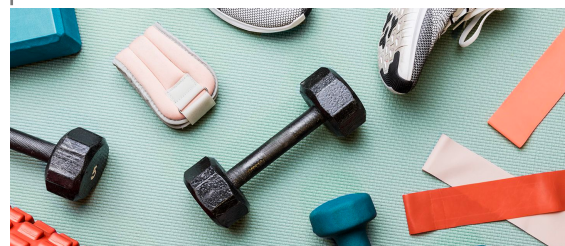


HEALTHY LIVING

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!



Transportation Needs:

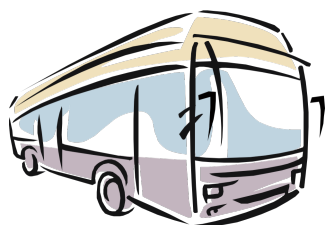
If you need assistance in signing up for Access or OPT (older person transportation) and would like to participate in the Seton Center activities please give Debra Schilling a call She can be reached at:

412-882-7135

Tues.-Thurs. 10AM-2pm
OR

412-344-4777

Mondays & Fridays 8AM-5PM

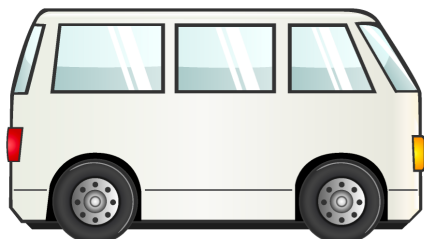


Volunteers are needed and much appreciated at Seton Center. We have a great volunteer base but could always benefit from a few more. If you're interested in helping us out please call the center.

Strip District Shopping and Lunch

Friday July 28, 2023
Meet at Seton at 10am

Enjoy a day of shopping and lunch with friends at the Strip District! Our vans will leave the Brookline Center at 10am and we will meet up for lunch (your expense) at noon. Wear your walking shoes because there will be plenty of shops to see!
RESERVATION REQUIRED
(Limited seating on vans):
Call 412-344-4777 **COST: \$5**



ADDITIONAL INFORMATION

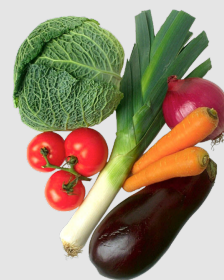
Farmer's Market Vouchers will be distributed on THURSDAY JULY 25th

Brookline -9:00 AM. – 3:00 PM or until vouchers run out.

Overbrook- 11:00 AM – 1:00 PM or until vouchers run out.

Vouchers can be redeemed through Nov. 30th. Eligible seniors (60+) will receive \$50 in vouchers (5 x \$10ea). No change can be given for checks, and the vouchers cannot be replaced if lost or stolen.

Must have Pennsylvania photo ID
All proxy forms must be completed in advance
Must be Allegheny County resident



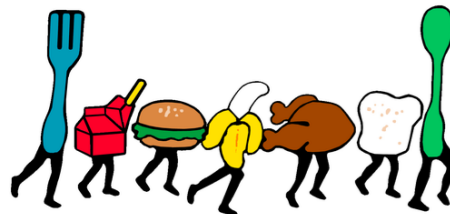
Must meet the income guideline (self-reported):

- One person household: At or below \$26,973
- Two person household: At or below \$36,482

*Married couples may receive one set of vouchers for each individual
Older adults living in a residential facility that provides meals are not eligible to receive vouchers.







Hot Lunches

Looking for a good place to have lunch? Hot 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 Hot Lunch. The monthly menu is attached to the back of the newsletter.



THE LUNCH BUNCH

Seton Center has a new policy for COVID guidelines. Remember, these are recommended by the CDC and are guidelines for Seton Center to follow. If you would like a copy of the guidelines call the Center at 412-344-4777.

Mon	Tue	Wed	Thu-Light Fare	Fri
				
3 Seton Center CLOSED	4 Centers Closed 	5 Swedish Meatballs (2) 1/2 C Tri-Color Carrots 1/2 C Buttered Noodles 1/2 C Fresh Fruit Salad Margarine Cal 733	6 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	7 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
10 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	11 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	12 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	13 Tuna Club Sandwich (4.8 oz. of tuna salad) w/Lettuce & Tomato WG Sandwich Roll 1/2 C Broccoli Slaw Fresh Pear Cal 705	14 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
17 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	18 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	19 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	20 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	21 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
24 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	25 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	26 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	27 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	28 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
31 Stuffed Pepper w/Ground Beef (1 Pepper) 1/2 C Mashed Potatoes 1/2 C Grilled Vegetables WW Bread Slice 1/2 C Apricots Margarine Cal 695	<p>Menus are subject to change, if necessary, due to supply and/or emergency. Please be advised that food served may contain one of the following ingredients: Milk, egg, fish (cod, tilapia), crustacean shellfish (crab, shrimp), tree nuts (almonds, pecans, walnuts), wheat, peanuts, soybeans. WW = Whole Wheat WG = Whole Grain</p>			



Rita's Discount Cards are Available for purchase at both Senior Centers!

Cost: \$5 per card
Receive 10% off your purchase, all summer long!
Valid at all Locations

Makes a great gift!