



LIFE IN PROGRESS  
SINCE 1985

# ELIZABETH SETON CENTER Senior Center Newsletter



# November 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

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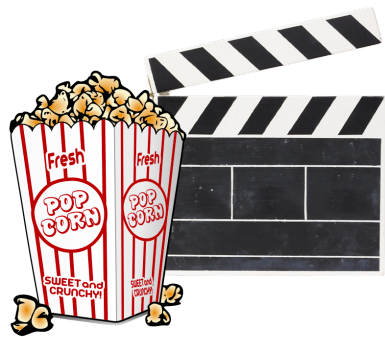
## A Note to our Seniors...

As the holidays are approaching and life enters a busy season, we wanted to express just how thankful we are for all of you. We wouldn't be able to do any of this without you! From the bottom of our hearts, thank you for your friendship, for your support, and for being a part of our mission.



NECESSARY 2021 THE CINCINNATI ENQUIRER

**Please Note: Seton Center is CLOSED on  
November 7th, 23rd, and 24th!**



## 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!

**NOV. 8TH, 12PM**  
**MAFIA MAMMA**



**NOV. 22ND, 12PM**  
**MOVIE SELECTION**  
**TO BE ANNOUNCED!**



# CRAFTS & CLASSES

FOR RESERVATIONS, CALL 412.344.4777

**9 November 2023, 10am: CCAC Arts & Crafts w/ April**  
**Brookline Main Campus**  
**Cost: FREE**

Craft to be announced, so stay tuned!

**15 November 2023, 11am-12pm: Line Dancing with Carol**  
**Cost: \$5**  
**Brookline Main Campus**

Work up an appetite before joining us for another great cooking class with Chef Brandon! Makes for a fun day!

**15 November 2023, 12:30pm: Cooking w/ Chef Brandon**  
**Cost: \$5**  
**Brookline Main Campus**

Chef Brandon is back, and we can't wait to see what he's cooking up next! Kitchen space is limited, so don't forget to make your reservations!

**16 November 2023, 11am: Decoupage-Style Dried Flower Candle Making**  
**Overbrook Senior Center**  
**Cost: \$10**



Join us as we make some lovely candles that are perfect for decorating your home or giving as a gift! Everyone will be able to make 2 candles. If you'd like to make more than two, please indicate when making your reservation. (Additional fee for supplies may apply.)

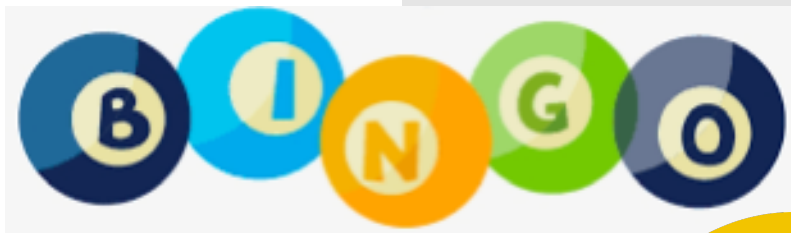
**22 November 2023, 12:30pm: CCAC Cooking w/ Chef Sam**  
**FREE**  
**Brookline Main Campus**

Chef Sam is back for another free cooking class! Class size is limited, so please call to reserve your spot!

**29 November 2023, 12pm: Holiday Crafting w/ Betty Jo**  
**Brookline Main Campus**  
**Cost: \$5**



Craft TBA! 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!

**21 November 2023, 11am: Pajama Party Bingo!**  
**Overbrook Senior Center**  
**Cost: \$10**

It's our most comfortable Bingo Party yet! Join us for a fun Pajama Party Bingo! A special lunch will be served, along with basket raffles, Share the Wealth... and more! Doors will open at 10:30 am and games will begin at 11am! 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: November 17th will be our Super Bingo Party! See the next page for more details!**

### 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!

**17 November 2023, Doors @10AM, Play @11AM: Brookline Thanksgiving Bingo Party  
Brookline Senior Hall  
Cost: \$15**

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

Gobble 'til you wobble! Join us for the fun and take your chance on door prizes, basket raffles, and share the wealth! We will have a prepared meal.

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

## CCAC Chair Exercise with Lilli

November 13th, 10:30-Noon  
Brookline Main Campus  
Cost: Free!



Dance Exercise w/ Rebecca & Dionna  
Thursdays in November (11/2, 11/9, 11/16, 11/30)

11-11:45AM, Brookline Main Campus

Cost: \$5 for first class, \$3 for returning participants!

Get ready to break out your dance moves for this low impact exercise class, with a twist!



# GAMES, SPECIAL EVENTS & MORE!

**November 2nd & 8th 2023: Game Days At Overbrook!**



**Overbrook Senior Center**

**10:30am**

**Bring Quarters or Spare Change**

Game days at Overbrook are picking up in popularity! Join us as we play Left, Right, Center, and more!

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 10am-2pm**

**Tickets are selling fast! Order forms available on site!**

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!

## 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!**



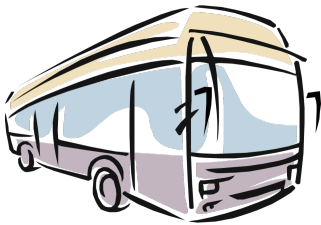
## Transportation Needs:

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 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.



# GROUP OUTINGS

## Castle Shannon Antique Mall & Lunch at Mindful Brewing Company

Tuesday November 14th, 2023

Meet at Brookline at 9:45am

Join us as we browse some rare finds from multiple area vendors, you're sure to find some treasures! Afterward, we'll head to Mindful Brewing Company for lunch!

RESERVATION REQUIRED (Limited seating on vans):  
Call 412-344-4777

**COST: Free Transportation, pay for your own antique treasures and lunch!**



Sunday, December 3rd @ 1PM:

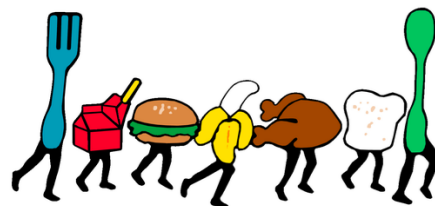
The Benedum Center Presents: Mrs. Doubtfire

Cost: \$30 Per Ticket (retail value: \$84:45) / Depart from Seton Center at 12PM / Return to Seton Center around 4PM  
Only 15 Seats Available! Prepay Required for Reservation

# November 2023 Menu

Mon	Tue	Wed-Light Fare	Thu	Fri
 <p>6 Vegetable Lasagna (8 Oz.) 1/2 C. Balsamic Glazed Broccoli 1 1/4 C Romaine Mandarin Salad 1/2 C. Vanilla Greek Yoghurt Margarine, Salad Dressing <b>Cal 770</b></p>	 <p><b>Seton Center CLOSED for In-Service</b></p>	<p>1 Ham &amp; Swiss Sandwich (2 oz. Ham, 1.5 Oz Cheese) 1/2 C. Three Bean Salad WG Sandwich Roll 1/2 C. Fresh Pineapple Mustard, Lettuce &amp; Tomato <b>Cal 631</b></p>	<p>2 Beef Stew (1 Cup) 1/2 C. Baby Carrots 1/2 C. Mashed Potatoes WG Biscuit 1/2 C. Vanilla Pudding Margarine <b>Cal 814</b></p>	<p>3 Cod w/Lemon Pepper (4 OZ.) w/Tartar Sauce 1/2 C. Brown Rice Pilaf 1 C Tomato Basil Soup WW Bread Slice 3/4 C Fresh Honey Dew Margarine <b>Cal 634</b></p>
<p>13 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 <b>Cal 695</b></p>	<p>14 Pesto Chicken (1 Breast) 1/2 C. Roasted Broccoli 1/2 C. Buttered Farfalle Pasta Banana Shortbread Cookie <b>Cal 778</b></p>	<p>8 Spring Mix Salad w/Turkey (3.5 Oz. Turkey) 2 C. Salad Greens (In Entrée) 2 WW Bread Slices 2 Fresh Clementines Margarine, Salad Dressing <b>Cal 603</b></p>	<p>9 Herb Baked Salmon (1 Filet) 1/2 C. Scalloped Potatoes 1/2 C. Roasted Brussels Sprouts WW Bread Slice 1/2 C. Chocolate Pudding <b>Cal 817</b></p>	<p>10 Asian-inspired Orange Chicken (3/4 C. Diced Chicken) 1/2 C. Broccoli 1/2 C. Asian Cucumber Salad 1/2 C. Vegetable Fried Rice 1 Sugar Cookie <b>Cal 635</b></p>
<p>20 Roast Pork (1 Slice) 1/2 C. Roasted Sweet Potatoes 1 C. Cabbage &amp; Noodles WW Bread Slice 1/2 C. Watermelon Margarine <b>Cal 620</b></p>	<p>15 <b>Holiday Meal</b> Roast Turkey w/Gravy &amp; Bread Stuffing Mashed Potatoes Green Beans Pumpkin Pie w/Whipped Topping <b>Cal 771</b></p>	<p>21 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 <b>Cal 633</b></p>	<p>16 Herbed Petite Beef Tenderloin (1 Slice) w/Demi Glace 1/2 C. Roasted Sunset Blend 1 C. Strawberry &amp; Red/Green Leaf Lettuce Salad 1/2 C. Orzo, 1/2 C. Gelatin Margarine, Salad Dressing <b>Cal 741</b></p>	<p>17 Stuffed Cabbage (1 Roll) 1/2 C. Mashed Potatoes 1/2 C. Zucchini Parmesan Soup WW Bread Slice 1/2 C. Vanilla Greek Yoghurt Margarine <b>Cal 661</b></p>
<p>27 BBQ Beef Brisket (3 Oz.) 1/2 C. Herbed Petite Gr. Beans 1/2 C Mac &amp; Cheese 1 C. Berry Medley w/Yoghurt <b>Cal 651</b></p>	<p>22 Summer Berry Salad (w/ Chicken &amp; Chow Mein Noodles) 2 C. Salad Greens (In Entrée) 1/2 C. Mango &amp; Pineapple Salad WW Bread Slice Sugar Cookie Margarine, Salad Dressing <b>Cal 771</b></p>	<p>23 <b>Centers Closed</b></p>	<p>24 <b>Centers Closed</b></p>	<p>28 Chicken Filet Parmesan (1 Breaded Chicken Breast) 1 C. Zucchini Parmesan Soup 1 1/4 C. Strawberry Spinach Salad 1/2C. WG Penne w/Sauce Chocolate Chip Cookie Salad Dressing <b>Cal 673</b></p>
<p>29 Tuna Club Sandwich (4.8 Oz. Tuna Salad) w/ Lettuce &amp; Tomato WG Sandwich Roll 1/2 C. Broccoli Slaw Fresh Pear <b>Cal 705</b></p>	<p>30 Turkey Sausage , Biscuits &amp; Gravy (3 Sausage Patties) 1/2 C. Diced Potatoes 1/2 C. Peppers &amp; Onions 1 WG Biscuit w/Gravy Fresh Apple, Ketchup <b>Cal 691</b></p>			

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**