



LIFE IN PROGRESS
SINCE 1985

ELIZABETH SETON CENTER Senior Center Newsletter



October 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

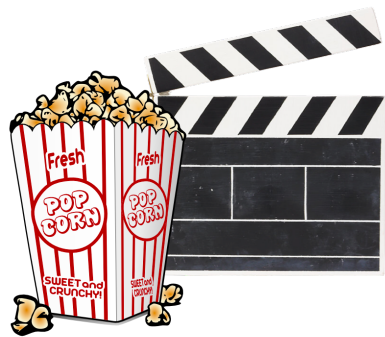
I&R Specialist
DEB@SETONCENTER.COM

A Note to our Seniors...

Get ready to enjoy some fall fun this month! Thank you to all who attended our Grandparents Day Bingo, the event was a success! This month, Chef Sam is back for another cooking class, we've added some new exercise offerings, and we have some exciting Halloween Parties to look forward to!



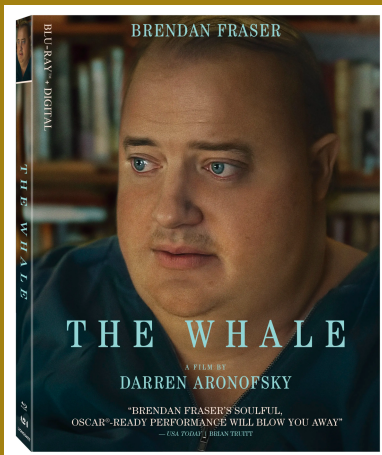
Don't forget the hand sanitizer! Cold and Flu season is upon us- stay healthy!



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!

OCT. 4TH, 12PM
THE WHALE



OCT. 25TH, 12PM
BIG GEORGE FOREMAN



CRAFTS & CLASSES

FOR RESERVATIONS, CALL 412.344.4777

6 October 2023, 10:15am: Pittsburgh Glass Center & Lunch at Primanti Bros
\$5+ cost of lunch
Meet at Brookline



Join us as we venture to Lawrenceville for an exciting trip to the Pittsburgh Glass Center and to Primanti Bros for lunch! Please meet at Brookline by 10:15am.

11 October 2023, 10am*: Macrame Ghost Craft

Overbrook Senior Center
Cost: \$10



Join us as we make a cute and stylish ghost to decorate your home or gift to a friend! (we will be using glue guns, feel free to bring your own if you'd like, or we will have some to share!) Reservation required!

11 October 2023, 12:30pm: CCAC Cooking w/ Chef Sam
FREE
Brookline Main Campus

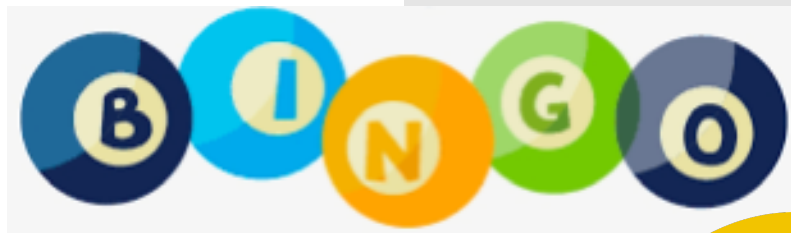
Chef Sam is back for another free cooking class! Class size is limited, so please call to reserve your spot!

31 October 2023, 12pm: Craft Day w/ Betty Jo- Thanksgiving Turkey Napkin Holders

Brookline Main Campus
Cost: \$5



Betty Jo will be leading a class to learn how to make Turkey Napkin Holders to spruce up your table! 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!

October 17th: Hey Joe will be at Overbrook to entertain the group at 12pm (during lunch). (Cost: \$5 includes Bingo)



31 October 2023, 11am: Overbrook Halloween Bingo Party
Overbrook Senior Center
Cost: \$10

Costumes Encouraged! Join us for a Halloween 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: Friday, October 27th 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!

27 October 2023, Doors @10AM, Play @11AM: Halloween "Spooker" Bingo!

Brookline Senior Hall

Cost: \$15

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

No tricks, just treats (and maybe some cash prizes!). Join us for the fun and take your chance on door prizes, basket raffles, and share the wealth! Costumes are encouraged! We will have a catered lunch option.

Patrick Heiserman will be joining us for a special performance as well!



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

***Seton Center Spirit
Wear is Now
Available in the
Brookline Main
Office & Online!***



**Chair Supported Dance Exercise w/ Rebecca & Dionna
Thursdays in October (10/5, 10/12, 10/19, & 10/26)**

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!



18 October 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 10am-2pm**

TICKETS FOR SALE AT SETONCENTER.COM

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!

A collection of illustrations including a gold and white patterned designer purse, a silver disco ball, and a champagne glass.

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

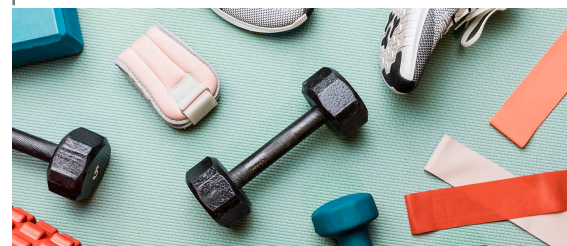
**Brookline Main Campus
FREE**

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!**



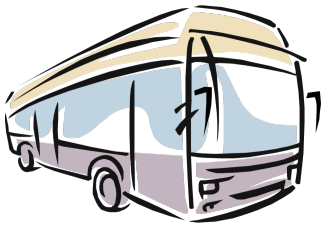
Transportation Needs:

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.

Caregiver Coffee Hour

Wednesday, October 18th

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

October Sponsor:



GROUP OUTINGS

Simmons Farm & Lunch Trip

Thursday October 12th, 2023

Meet at Brookline at 9:30am

We're headed out to Simmons Farm to enjoy some fall fun! We will be stopping for lunch at El Campesino Mexican Restaurant.

(Pay for your own meal).

RESERVATION REQUIRED (Limited seating on vans):

Call 412-344-4777

**COST: \$10 (includes hay ride and farm activities)
or \$5 for transportation only.**



Dormont AARP

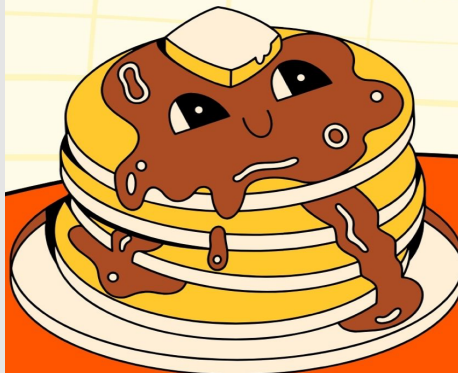
**PANCAKE
BRUNCH**

28 OCT. 2023

When: Saturday 10/28/23 from 8am-12pm

Where: Unity Presbyterian Church
1146 Greentree Rd (at Potomac Ave)

Cost: \$6 for Adults, \$3 for kids under 10



All-you-can-eat pancakes!

Basket Raffles & more!



ALLEGHENY COUNTY
DEPARTMENT OF HUMAN SERVICES
AREA AGENCY ON AGING
NUTRITION DEPARTMENT

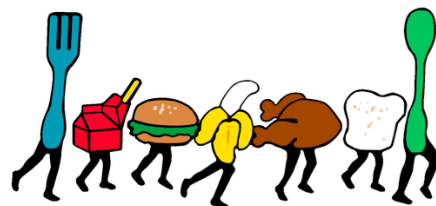
CONGREGATE MEAL MENU October 2023

Revised 9.18.23

Metz Culinary Management

October 2	October 3	October 4	October 5	October 6
Vegetable Lasagna Balsamic Glazed Broccoli Romaine Mandarin Salad Whole Wheat Bread Vanilla Greek Yoghurt	BBQ Pulled Pork Fire Roasted Sweet Potato Coleslaw Fresh Fruit Salad	Spring Mix Salad w/Turkey Whole Wheat Bread Clementines	Herb Baked Salmon Scalloped Potatoes Roasted Brussels Sprouts Whole Wheat Bread Chocolate Pudding	Asian-inspired Orange Chicken Broccoli Asian Cucumber Salad Vegetable Fried Rice Sugar Cookie
October 9	October 10	October 11	October 12	October 13
Stuffed Pepper Mashed Potatoes Grilled Vegetables Whole Wheat Bread Apricots	Pesto Chicken Roasted Broccoli Buttered Farfalle Pasta Banana Shortbread Cookie	Turkey & Cheddar Sandwich w/mayo/lettuce/tomato Three Bean Salad Fresh Apple	Herbed Petite Beef Tenderloin w/Demi Glace Roasted Sunset Blend Strawberry Salad w/Red/Green Leaf Lettuce Orzo Gelatin	Stuffed Cabbage Mashed Potatoes Zucchini Parmesan Soup Whole Wheat Bread Vanilla Greek Yoghurt
October 16	October 17	October 18	October 19	October 20
Roast Pork Roasted Sweet Potatoes Cabbage & Noodles Whole Wheat Bread Watermelon	Chicken Marsala Mashed Potatoes Herbed Petite Green Beans Whole Wheat Bread Chocolate Pudding	Summer Berry Salad w/Chicken & Chow Mein Noodles Mango & Pineapple Salad Whole Wheat Bread Sugar Cookie	Swedish Meatballs Buttered Noodles Baby Carrots Fresh Fruit Salad	Pub Steakburger Diced Potatoes Broccoli Slaw Fresh Cantaloupe
October 23	October 24	October 25	October 26	October 27
BBQ Beef Brisket Herbed Petite Green Beans Mac & Cheese Berry Medley w/Yoghurt	Chicken Filet Parmesan Zucchini Parmesan Soup Strawberry Spinach Salad Penne w/Sauce Chocolate Chip Cookie	Tuna Club Sandwich w/lettuce & tomato Broccoli Slaw Fresh Pear	Turkey Sausage, Biscuits & Gravy Diced Potatoes w/Peppers & Onions Fresh Apple	Meatloaf w/Gravy Cheesy Mashed Potatoes Orange Herb Roasted Beets Whole Wheat Bread Gelatin
October 30	October 31			
Chicken Tenders Cauliflower Cheddar Bisque Potato Wedges Bread Slice Fresh Fruit Salad	Italian Sausage w/Peppers Hot Dog Roll Sautéed Spinach Watermelon Salad Oatmeal Raisin Cookie			

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