



ELIZABETH SETON CENTER Senior Center Newsletter

July 2026



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PITTSBURGH, PA 15226
412.344.4777



OVERBROOK SENIOR CENTER
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BEAT THE HEAT: STAY HYDRATED!

As temperatures rise this summer, staying hydrated and cool is essential for your health and safety. Excessive heat can lead to serious conditions like heat exhaustion and heat stroke, especially for older adults.

Important tips:

- Drink water throughout the day, even if you don't feel thirsty. Aim for 6-8 glasses daily.
- Avoid caffeine and alcohol, which can dehydrate you faster.
- Stay indoors during peak heat hours (11am-3pm). Visit the senior center for a cool, safe space!
- Wear lightweight, light-colored, loose-fitting clothing.
- Take cool showers or use damp towels on your neck and wrists.
- Check on neighbors and friends who live alone.
- Know the signs of heat illness: dizziness, nausea, rapid heartbeat, confusion. Call 911 if symptoms are severe.

Our centers are open as cooling stations during business hours. Come in, cool off, and stay safe this July!

HAPPY
Independence
★ Day ★

**Reminder: Seton Center is
CLOSED on Friday, July 3rd**

MOVIE DAY

Wednesday
July 15, 2026
Brookline Center,
12pm
FREE!



The Senior is an inspiring sports drama about Mike Flynt, a 59-year-old man who returns to his college nearly 40 years after being kicked off the football team. Determined to complete what he started, Mike attempts an extraordinary comeback as a college linebacker.

His journey isn't about fame or glory—it's deeply personal. Mike is driven to honor fallen teammates, repair broken family relationships, and finally achieve the ending he's always believed was possible. Despite being bruised, doubted, and pushed to his limits, he fights for one final shot at redemption and closure.

It's a story about second chances, perseverance, and proving that it's never too late to finish what you started.

CRAFTS & CLASSES

Healthy Cooking W/ Chef Sam - Wednesday July 8th
@ 12:30pm
Seton Center Brookline
Cost: \$5

Healthy Cooking W/ Chef Liz - Tuesday July 21st
@12:30pm
Seton Center Brookline
Cost \$5

Healthy Cooking W/ Chef Sam - Thursday July 16th
@12:30pm
Overbrook Senior Center
Cost \$5

Bring your own Container!



You're Invited!

Join us for a tropical celebration of Senior Services
in Allegheny & Westmoreland Counties!

\$75 per ticket

Dinner, Elvis Tribute Show, Raffle Prizes & More!

August 1, 2026 | 5:00 PM

Live! Casino Pittsburgh
Greensburg, PA

Overnight & Same Day
Transportation Available!

For tickets, call 412.561.8400 x245 or
visit tinyurl.com/AlohaSeton



FEAT. ELVIS TRIBUTE ARTIST,
KELLY HYLTON!



OVERBROOK BINGO

Drop-In Bingo!

Tuesdays @11AM

Wednesdays @11AM

Lunch break around noon

(\$1.25 Suggested Lunch Donation)

**Overbrook Bingos are now
Tuesdays AND Wednesdays!**

Healthy Aging Presentations:

July 28th: Emerald Home Health

July 14, 2026- 11 AM

**Happy Birthday-
America 250!**

Cost: \$15

Special Guest: Meals Direct

Doors will open at 10:30 am, and games will begin at 11 am. The price includes lunch, a set of bingo cards, and a door prize ticket! Additional bingo cards and raffles are available for purchase.



BROOKLINE BINGO

NO RESERVATIONS REQUIRED!

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

July 10th: Emerald Home Health Visit

**July 17th: Bill Backa - Christian
Home Health Visit**

***Wednesday Night Bingo is BACK!*
*July 15th, 2026***

Brookline Senior Center

\$15 entry fee

Doors open at 6pm Bingo at 7pm

Raffle | Concessions | Instant Tickets | & More!

Standard Payouts: **Can increase based on daily attendance!**

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 PARTY!



CHRISTMAS IN JULY
FRIDAY, JULY 24TH, 2026

DOORS OPEN AT 10AM, BINGO STARTS AT 11AM **MUST
RSVP BY 7/20/2026**

Holly Jolly JULY CHRISTMAS bingo PARTY!

SLEIGH THE GAME THIS JULY!



Jingle all the way to the winner's circle — no winter coat required!



BROOKLINE SENIOR HALL

COST:\$15

(INCLUDES 1ST BINGO PACKET,LUNCH,&1 DOOR PRIZE TICKET)

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

**PAYOUTS WILL BE DETERMINED BY ATTENDANCE IN ORDER TO GIVE OUT THE MAXIMUM AMOUNT OF PRIZES!
RESERVATIONS REQUIRED: Call 412.344.4777**

**Lottery Calendar Tickets for August 2026
On Sale Now!
\$10 Each**

**Each Ticket has one (1) three-digit number with a
chance to win cash prizes each day in the month of
August!**

Proceeds benefit Elizabeth Seton Center, a nonprofit 501 (c)(3) organization

GAMES, SPECIAL EVENTS & MORE!

****NEW* Zumba- Move to the Music!***



***Every Tuesday in July!
10:30am
Brookline Center***

***First Monthly Class: \$5
Returning Sessions: \$3***

Update on Cardio Drumming..

Cardio Drumming will be on pause for the month of July due to a couple of factors- including an anticipated renovation of our gymnasium!

Stay tuned for updates on the return of classes in August 2026!

Wanted: Senior Center Volunteers!

Seton Center is looking to grow our volunteer base for our Intergenerational Program and Senior Center! If you are interested, please let Deb Schilling know!

Current Opportunities:

- Watering Plants: If you are available, we need help watering our plants on the patio and in our planters. Any help is appreciated!**
- We are looking for 4-5 Seniors who would be interested in helping to run carnival games for the kids during the week of August 10th.**



HEALTHY LIVING

**Variety &
Therapeutic Chair
Exercise**

**Wednesdays at 10:30AM
Brookline Center**

**1st Monthly Class: \$5
Returning Sessions: \$3**



**Seton Center's FREE
Fitness Center at
Brookline is open
Monday-Friday from
8am-5pm**

No Reservation Required!



Seton Center Rosary Club!

Led by Sr.Kathleen Delaney



Thursdays @10:30am
Lunch to Follow
(Please RSVP)

Seton Center Convent
Chapel (Brookline)

MONTHLY MENTAL FLEX!

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Turn in your answer for a chance
to win an Eat'N Park Gift Card!

Congratulations to last month's
winner:

Carol Wagner!

Your Name:

GROUP OUTINGS:

Pittsburgh Pirates vs Arizona Diamondbacks

Wednesday, July 29th, 2026

Game Time: 12:35pm

Depart Seton Center at 11am

Cost: \$15



Please prepay to reserve your spot!

4th of July word scramble

DRE _____
LRASKRESP _____
WREFSKIRO _____
DOL ROYGL _____
UBEL _____
MURMES _____
MIFYLA _____
SEBYT SORS _____
DIYLAHO _____
BELTECNAROI _____
OLOP PYRAT _____
HEWIT _____
DARPAE _____
INOFBER _____
GALF _____
RAMEAIC _____
SSRAT DNA SERPITS _____
NEDPCEDENIN YAD _____
ABECUEBR _____
TIORACITP _____

WORD BANK:

OLD GLORY	BARBECUE
PATRIOTIC	BETSY ROSS
FIREWORKS	SPARKLERS
INDEPENDENCE DAY	FAMILY
PARADE	HOLIDAY
SUMMER	STARS AND STRIPES
RED	FLAG
BLUE	WHITE
AMERICA	BONFIRE
CELEBRATION	POOL PARTY



WWW.ALWAYSTHEHOLIDAYS.COM

JULY 2026 MENU



July 1

French Onion Beef Patty
w/onion gravy
Mashed Potatoes
Peas & Carrots
Dinner Roll w/Margarine
Chocolate Pudding

July 2

Chicken Tenders
Sweet Potatoes
Green Beans
Dinner Roll w/Margarine
Fresh Orange
BBQ Sauce

July 3



July 6

Sweet and Sour Chicken
Asian Vegetable Blend
Buttered Brown Rice
Clementine
Sugar Cookie

July 7

Swiss Steak
w/Tomato Gravy
Mashed Potatoes
Peas
Dinner Roll w/Margarine
Jello

July 8

Italian Chicken
Capri Vegetable Blend
Buttered Penne
Fresh Orange
Fig Newton

July 9

Breaded Pollock
w/cheese
Sandwich Roll
Tartar Sauce
Lemon Pepper Potatoes
Diced Peaches

July 10

BBQ Chicken Salad
Salad Greens
Cheddar Cheese
Dressing
Whole Grain Roll
Fresh Melon

July 13

Meatloaf w/Gravy
Mashed Potatoes
Corn
Dinner Roll w/ Margarine
Oatmeal Cookies

July 14

Stuffed Chicken Breast
Diced Potatoes w/Garden
Seasoning
Peas & Pearl Onions
Dinner Roll w/Margarine
Fresh Clementine

July 15

Cheeseburger
Sandwich Roll
Cole Slaw
Baked Beans
Mixed Fruit

July 16

Baked Ham
Sweet Potatoes
Buttered Mixed Vegetables
Dinner Roll w/Margarine
Cantaloupe
Vanilla Pudding

July 17

Fajita Chicken
(w/peppers/onions/salsa)
Chuckwagon Corn
Buttered Brown Rice
Mandarin Orange

July 20

Chicken w/Creamy
Mushroom Gravy
Peas & Pearl Onions
Mashed Potatoes
Dinner Roll
Applesauce

July 21

Pasta w/Meat Sauce
Side Salad w/Dressing
Dinner Roll w/Margarine
Fresh Orange

July 22

California Turkey Burger
w/Swiss & Avocado on
Sandwich Roll
Broccoli & Ranch Dip
Zucchini and Parm Soup
Fresh Apple

July 23

Stuffed Pepper
Mashed Potatoes
Buttered Carrot Coins
Dinner Roll w/Margarine
Vanilla Greek Yogurt

July 24

Turkey & Gouda Sandwich
Cucumber Slices
Whole Wheat Bread
Mixed Fruit
Cookie
Honey Mustard

July 27

Lemon Butter Chicken
Rosemary Roasted
Potatoes
California Blend
Dinner Roll w/Margarine
Jello

July 28

BBQ Pork Riblet
w/Sandwich Roll
Sweet Potatoes
Baked Beans
Fresh Cantaloupe

July 29

French Onion Beef Patty
w/gravy
Mashed Potatoes
Peas & Carrots
Dinner Roll w/Margarine
Chocolate Pudding

July 30

Chicken Tenders
Sweet Potatoes
Green Beans
Dinner Roll w/Margarine
Fresh Orange
BBQ Sauce

July 31

Baked Ziti & Cheese
Side Salad
Buttered Italian Vegetable
Blend
Dinner Roll
Diced Pears

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 individuals 60 and over. All lunches are to be consumed on-site. Please call Seton Center at 412-344-4777 if you are interested in joining us for lunch. **Two-day advanced notice is much appreciated!**

Don't Forget-

Register online for your Farmers Market Vouchers!

Seniors can apply online or download the application at:

bit.ly/SeniorFarmersMarketProgram or text "FARMER" to 987987 to

learn more. The application is available on the Allegheny County website, at local senior centers, the SeniorLine, or at their local legislator's office.



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ADDRESS SERVICE REQUESTED

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PITTSBURGH PA
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