



ELIZABETH SETON CENTER Senior Center Newsletter

September 2026



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THE BEAUTY OF FALL!

Labor Day invites us to pause and appreciate the people, work, and community that keep our neighborhoods strong. It is a time to celebrate the many contributions made throughout the year and to enjoy a little extra time with family, friends, and neighbors.

At the same time, the first signs of fall are beginning to arrive. Cooler mornings, earlier sunsets, and a gentle change in the air remind us that a new season is just around the corner. These days between summer and autumn offer the best of both worlds: time to savor the last warm afternoons while looking ahead to crisp walks, colorful leaves, and familiar fall traditions.

From all of us at Seton Center, we wish you a peaceful and enjoyable Labor Day. May the weeks ahead bring fresh energy, meaningful connections, and plenty of opportunities to welcome the beauty of fall together.



**Reminder: Seton Center is
Closed for Labor Day
September 7, 2026.**

MOVIE DAY

*Wednesday,
September 16th,
2026*

*Brookline Center
12pm
FREE!*



9 to 5 is an American comedy starring Jane Fonda, Lily Tomlin, Dolly Parton in her film debut, Dabney Coleman, Elizabeth Wilson, and Sterling Hayden. It tells the story of three working women (played by Fonda, Tomlin, and Parton) who live out their fantasies of getting even with and overthrowing their company's autocratic, "sexist, egotistical, lying, hypocritical bigot" vice president.

*In Memory of
Dolly Parton
1946-2026*

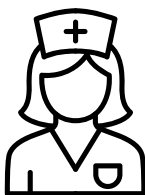


CRAFTS & CLASSES

*Healthy Cooking W/ Chef Sam
Thursday, September 3rd @ 12:30pm
Overbrook Senior Center
Cost: \$5*

*Healthy Cooking W/ Chef Sam
Wednesday, September 9th @ 12:30pm
Seton Center Brookline
Cost: \$5*

Nurses JJ's Corner



One crucial topic that frequently arises is the importance of monitoring your blood pressure. Blood pressure is a critical indicator of your cardiovascular health, reflecting how much work your heart is doing to pump blood through your arteries. Regular monitoring can help in the early detection of hypertension, a condition often dubbed the "silent killer" because it typically presents no symptoms until significant damage has occurred. By keeping an eye on your blood pressure, you can take proactive steps to manage it through lifestyle changes such as diet, exercise, and stress reduction, or through medication if necessary. This vigilance not only helps in preventing serious complications like heart attacks, strokes, and kidney problems but also empowers individuals to take charge of their health. Nurses play a vital role in educating patients about the importance of regular monitoring and providing guidance on how to measure blood pressure accurately at home.

**Nurse JJ is on site at Seton Center
Mondays and Wednesdays to offer free blood pressure
monitoring. Stop by to say hello!**



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:

September 9th - Bethany Hospice

**Steelers Black and Gold Kickoff
Super Bingo**

Wear your Black and Gold!

September 22nd, 2026 @ 11am

Cost: \$15

Musical Guest: "Hey Joe"

Doors will open at 10:30am, and games will begin at 11am. 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**

**September 21st - John Miller-
Allegheny County Senior Companion
Program Presentation**

**September 28th - Maria Spath-
Bethany Hospice Visit**

**Wednesday Night Bingo is BACK!
September 16th, 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!

GOODBYE SUMMER HELLO FALL
FRIDAY, SEPTEMBER 25TH, 2026



DOORS OPEN AT 10AM, BINGO STARTS AT 11AM
MUST RSVP BY 9/21/2026



FALL INTO FUN, WIN BIG
SUPER BINGO!

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



Fall & Holiday Candle Sale!
September 15th - October 2nd
(delivery in mid-October)

Chestnut Hill Candle Company
\$13 each
Use Group ID #3526



Stop by for an order form, scan the QR code,
or contact Gabbi Garrubba to order.
gabbi@setoncenterpgh.org

GAMES, SPECIAL EVENTS
& MORE!

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



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

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



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!



Reminder- No Cardio Drumming Sept 24th



Allstar Therapies & Seton Center-Brookline present



Music! Exercise! Dance!
Cardio! Movement!

Every Thursday *Starting May 7th, 2026*
8:30 A.M. - 9:30 A.M.
Seton Center-Brookline
1900 Pioneer Ave, Pittsburgh 15226
This class is sponsored by and FREE
to attend, thanks to Comfort Keepers!



CHECK OUT
OUR PAGE ON
FACEBOOK

Allstar
Therapies

www.AllstarTherapies.com
(724) 327-3553



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:

Judy Roslonski!

Your Name:

GROUP OUTINGS:

TRIP TO THE NATIONAL AVIARY
WEDNESDAY SEPTEMBER 23, 2026

GUIDED TOUR

Departing Seton Center- Brookline
at 9:15am- Bagged Lunch Included

Cost: \$18 per person
Must sign up by 9/10

SUPERSTAR WORKSHEETS	Brain Teasers Level: Challenging	Name: _____ Date: _____
ON THOUGHT THOUGHT	SUM + R	WHAT GOES ↑ MUST COME ↓
EA ^{WIN} SE	RALIT	HEAD COVER COVER COVER COVER
GO ↑ IN ☁	STR □ EET	JOBS IN JOBS
↑ 4 GRABS	HOUSE	META + 4

SEPTEMBER 2026 MENU

	September 1 Swiss Steak w/ Tomato Gravy Mashed Potatoes Peas Dinner Roll w/ Margarine Jello	September 2 Italian Chicken Capri Vegetable Blend Buttered Penne Fresh Orange Fig Newton	September 3 Breaded Pollock w/ cheese Sandwich Roll Tartar Sauce Lemon Pepper Potatoes Diced Peaches	September 4 BBQ Chicken Salad Salad Greens Cheddar Cheese Dressing Whole Grain Roll Fresh Melon
September 7 Meatloaf w/ Gravy Mashed Potatoes Coleslaw Dinner Roll w/ Margarine Jello Labor Day Center Closed	September 8 Stuffed Chicken Breast Diced Potatoes w/ Garden Seasoning Peas & Pearl Onions Dinner Roll w/ Margarine Fresh Clementine	September 9 Cheeseburger Sandwich Roll Cole Slaw Baked Beans Mixed Fruit	September 10 Baked Ham Sweet Potatoes Buttered Mixed Vegetables Dinner Roll w/ Margarine Cantaloupe Vanilla Pudding	September 11 Fajita Chicken (w/peppers/onions/salsa) Chuckwagon Corn Buttered Brown Rice Mandarin Orange
September 14 Chicken w/ Creamy Mushroom Gravy Peas & Pearl Onions Mashed Potatoes Dinner Roll Applesauce	September 15 Pasta w/ Meat Sauce Side Salad w/ Dressing Dinner Roll w/ Margarine Fresh Orange	September 16 California Turkey Burger w/ Swiss & Avocado on Sandwich Roll Broccoli & Ranch Dip Zucchini and Parm Soup Fresh Apple	September 17 Stuffed Pepper Mashed Potatoes Buttered Carrot Coins Dinner Roll w/ Margarine Vanilla Greek Yogurt	September 18 Turkey & Gouda Sandwich Cucumber Slices Whole Wheat Bread Mixed Fruit Cookie Honey Mustard
September 21 Lemon Butter Chicken Rosemary Roasted Potatoes California Blend Dinner Roll w/ Margarine Jello	September 22 BBQ Pork Riblet w/ Sandwich Roll Sweet Potatoes Baked Beans Fresh Cantaloupe	September 23 French Onion Beef Patty w/ gravy Mashed Potatoes Peas & Carrots Dinner Roll w/ Margarine Chocolate Pudding	September 24 Chicken Tenders Sweet Potatoes Green Beans Dinner Roll w/ Margarine Fresh Orange BBQ Sauce	September 25 Baked Ziti & Cheese Side Salad Buttered Italian Vegetable Blend Dinner Roll Diced Pears
September 28 Sweet & Sour Chicken Asian Vegetable Blend Buttered Brown Rice Clementine Sugar Cookie	September 29 Swiss Steak w/ Tomato Gravy Mashed Potatoes Peas Dinner Roll w/ Margarine	September 30 Italian Chicken Capri Vegetable Blend Buttered Penne Fresh Orange Fig Newton		

Lunches are served at Seton Center Monday through Friday from 11:30 AM to 12:30 PM and at Overbrook Tuesday through Thursday 11:30 AM to 12:30 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!**



Seton Center's 5th Annual
Designer Purse Bingo & Brunch
Saturday, November 21, 2026
Library Fire Hall

Elizabeth Seton Center, Inc.
1900 Pioneer Avenue
Pittsburgh, PA 15226
ADDRESS SERVICE REQUESTED

NON-PROFIT ORG.
US POSTAGE
PAID
PITTSBURGH PA
PERMIT NO. 1524

