Elizabeth Seton Center
Senior Center Newsletter

November 2026



Brookline- Main campus
1900 Pioneer Ave
Pittsburgh, PA 15226
412.344.4777



Overbrook Senior Center
2199 Dartmore Street
Pittsburgh, PA 15210
412.882.7135

Deb Schilling
Director of Senior Services
I&R Specialist
Deb@setoncenterpgh.org

Sherri Brozell
Brookline Site Coordinator
sherri@setoncenterpgh.org

Christine Kalogeris
Overbrook Site Coordinator
christine@setoncenterpgh.org

Don't Forget- Seton Center is CLOSED on Election Day, November 3rd.

Seton Center extends warm Thanksgiving wishes to you and your loved ones. This season invites us to pause, reflect, and appreciate the many blessings in our lives.

Thanksgiving is a meaningful time to celebrate family, friendship, and community. Whether sharing a meal, enjoying conversation, or simply being together, these moments strengthen the connections that enrich our lives.

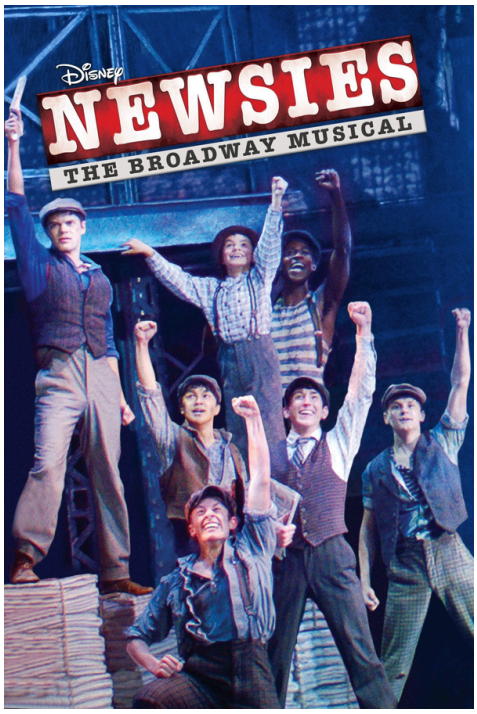
We are grateful for the Seton Center community and hope your holiday brings warmth, laughter, gratitude, and cherished time with those who matter most.



Movie Day

Wednesday, Nov 25th, 2026

Brookline Center
12pm
FREE!



Newsies: The Broadway Musical follows Jack Kelly, a brave young newsboy who leads a group of fellow newsies in a fight for justice. When newspaper publisher Joseph Pulitzer raises the price of the papers they must buy, Jack and the newsies organize a citywide strike. With courage, friendship, and the power of their voices, they stand together to demand fair treatment and inspire change.

Events & Classes

Grocery Bingo- Every 3rd Friday in Brookline & Every 3rd Tuesday in Overbrook w/ Rose Meadows Rehab

Healthy Cooking W/ Chef Sam
Wednesday November 11th @ 12:30- Brookline

Healthy Cooking W/ Chef Sam
Thursday November 5th @ 12:30- Overbrook

Nurse JJ's Corner





Combating Seasonal Depression

Shorter days and cooler weather can affect our mood and energy. Seasonal depression, sometimes called seasonal affective disorder, may bring feelings of sadness, low motivation, tiredness, or isolation during the fall and winter months.

Small daily habits can help. Spend time in natural daylight, stay connected with friends and loved ones, keep a regular routine, and take part in activities that bring you joy. Gentle exercise, healthy meals, and meaningful social connections can also support emotional well-being.

If low mood continues or begins to interfere with daily life, talk with your healthcare provider or a mental health professional. You do not have to face seasonal depression alone. Our senior center community is here to help you stay active, connected, and supported throughout the season.



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!

Super Bingo

With Special Guest

Tracy Matanzo- Breathe PA

November 11th, 2026 @ 11am
Cost: $15

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

November 9th - Weylin Gomez W/TotalTech Security

November 16th-Tracy Matanzo Breathe PA Visit

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

Community Bingo will be postponed for November.

Keep an eye out In the December newsletter for upcoming dates!



NOVEMBER 14TH 2026

TURKEY BINGO

1:00 PM – 4:00 PM

Elevating Connections gives thanks

Join us for a **FREE COMMUNITY BINGO** to celebrate Thanksgiving! Bring your family, friends, and neighbors for an afternoon of fun, laughter, and a chance to win a Thanksgiving turkey and other festive prizes. Everyone is welcome.

RSVP NOW!

- Seating limited
- Turkey/Fixings
- Trivia prizes
- Refreshments
- Community Tour

COLONIAL OAKS

3800 Oakleaf Road
Brentwood, PA 15227

RSVP by November 1st

RSVP to Kathy at

412-742-3443

Please let us know how many will be attending from your party.

SUPPORTING ORGANIZATIONS

SOUTHWESTERN NURSING AND REHABILITATION CENTER

Comfort Keepers

COMMONWEALTH HOSPICE & PALLIATIVE CARE

Colonial Oaks COMMUNITIES

COLT RX

SPARTAN PHARMACY

SOUTH HILLS POST ACUTE

ELIZABETH SETON CENTER
PRESENTS

Designer Purse BINGO and Brunch!



SATURDAY NOVEMBER 21, 2026

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, & gift bag!

Library Fire Hall
6581 Library Road
South Park, PA 15129

8 Regular Games | 3 Specials + Jackpot | BYOB!
Raffles | Door Prizes | Instant Bingo | 50/50
& more!

TO PURCHASE TICKETS, SCAN QR CODE OR VISIT

SETONCENTERPGH.ORG

Paper order forms available at our centers!

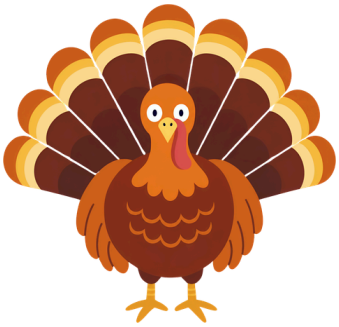
Super Bingo Party!

Thanksgiving Super Bingo

Friday, November 20th,2026



With Special Musical Guest
Inenell Leonardo



Doors open at 10am, Bingo Starts at 11am
MUST RSVP By 11/16/2026

Gather, Give Thanks & Win Big!

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

Looking for Bingo Callers!

Starting In January, Seton Center is looking for a volunteer that would be interested in calling bingo at our senior center on Mondays and Fridays from 10am to 3pm.

Duties would include:

- **Selling bingo cards**
- **Calling bingo games**

If interested reach out to Deb Schilling (412) 344-4777

Games, Special Events & More!

Zumba- Move to the Music!



Every Tuesday in November @ 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

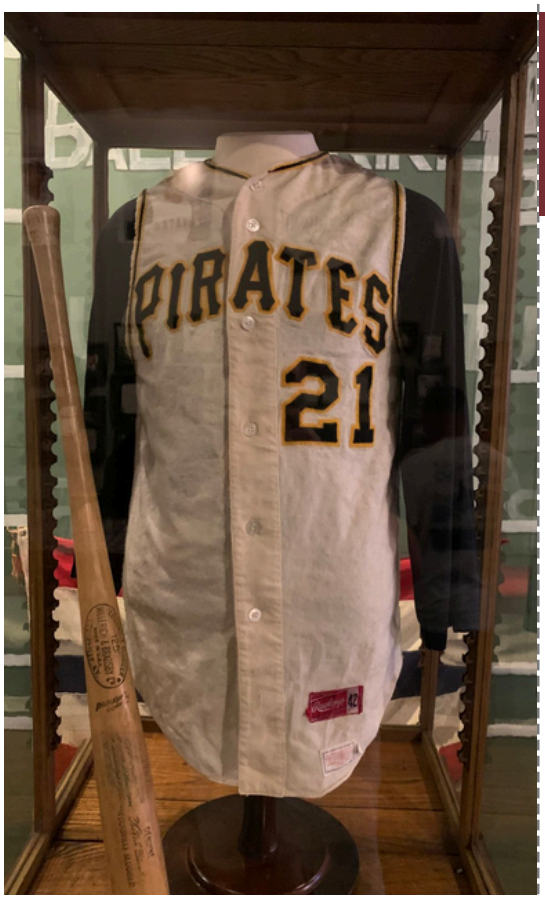




Seton Center's FREE Fitness Center at Brookline is open Monday-Friday from 8am-5pm

No Reservation Required!





Group Outings:

Trip to Roberto Clemente Museum

Wednesday November 18th, 2026

Departing Seton Center- Brookline at 9:30am

Cost: $21
Reservations due no later then 11/13
(Tickets are Non Refundable)

MONTHLY MENTAL FLEX!

------->

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

Congratulations to last month's winner:

Mary Ann Steele!

Your Name:



NOVEMBER 2026 MENU

November 2	November 3	November 4	November 5	November 6
BBQ Chicken Buttered Corn Sweet Potatoes WW Dinner Roll w/marg Fresh Clementine	**Beef Patty w/Mushroom Gravy** Buttered Mixed Vegetables Mashed Potatoes WW Dinner Roll w/marg Vanilla Greek Yogurt	**Chicken Parmesan** Roasted Buttered Brussel Sprouts WG Penne Pasta w/Sauce WW Bread w/marg Pineapple Tidbits	**Omelette & Turkey Sausage** Breakfast Potatoes WW Dinner Roll w/marg Fresh Orange	**Swiss Steak w/Tomato Gravy** Mashed Potatoes Buttered Lima Beans WW Bread w/marg Vanilla Pudding
November 9	**November 10**	**November 11**	**November 12**	**November 13**
Meatballs Stroganoff Buttered Prince Edward Vegetable Blend Buttered WW Rotini Fresh Orange	**Hot Dog w/Bun** Baked Beans Coleslaw Jello	**Chicken Fritters w/Honey Mustard** Green Beans Sweet Potatoes WW Dinner Roll w/marg Fresh Cantaloupe	**Cheese Tortellini** Side Salad California Blend Vegetables WW Dinner Roll w/marg Diced Pears	**Chicken w/Sweet Onion Sauce** Buttered Carrots Mashed Potatoes WW Dinner Roll w/marg Cookie
November 16	**November 17**	**November 18**	**November 19**	**November 20**
Sweet & Sour Chicken Carrots Veg Fried Rice Roll w/marg Fresh Orange	**Open Face Turkey Sandwich** Buttered Wax Beans Mashed Potatoes WW Bread w/marg Chocolate Pudding	**Cheeseburger** French Onion Soup Garden Seasoned Diced Potatoes Fresh Cantaloupe	**Italian Sausage & Peppers** Peas Buttered WW Rotini Roll w/marg Diced Peaches	**Turkey w/Gravy** Roasted Carrots Mashed Potatoes Dinner Roll Pumpkin Pie w/whipped topping
November 23	**November 24**	**November 25**	**November 26**	**November 27**
Stuffed Cabbage Buttered Peas Mashed Potatoes WW Dinner Roll w/marg Vanilla Greek Yogurt	**Smothered Chicken** Carrots WG Mac & Cheese WW Dinner Roll w/marg Fresh Orange Cookie	**Beef Lasagna** Buttered Italian Vegetable Blend Side Salad WW Dinner Roll w/marg Fresh Apple Slices	**BBQ Pulled P** Sandw C Fre melon	**Chicken Kiev** Butter M W App
November 30				
BBQ Chicken Buttered Corn Sweet Potatoes WW Dinner Roll w/marg Fresh Clementine				

THANKSGIVING SENIOR CENTER CLOSED

THANKSGIVING SENIOR CENTER CLOSED

Happy Thanksgiving

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!



Save the Date



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

SETON
CENTER