

ELIZABETH SETON CENTER Senior Center Newsletter

October 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

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Welcoming the Harvest Moon and Fall

As the harvest moon lights the autumn sky, we welcome the beautiful transition from summer into fall. The changing leaves, cooler temperatures, and golden evening light remind us to slow down and appreciate the simple joys of the season.

Fall is a wonderful time to gather with friends, enjoy seasonal activities, and make new memories in our senior center community. As we move into the coming months, we look forward to sharing laughter, fellowship, and plenty of opportunities to stay connected.

May this harvest season bring warmth, gratitude, and a renewed appreciation for the people and moments that make our community special.



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MOVIE DAY

*Wednesday, Oct
21st, 2026*

*Brookline Center
12pm
FREE!*



Halloweentown follows Marnie Piper, a teenager who discovers that she comes from a family of witches. After secretly following her grandmother, Aggie, to the magical town of Halloweentown, Marnie learns that a growing darkness threatens both the magical and human worlds. With help from her family and new friends, she must find the courage to embrace her powers and stop the evil before Halloween comes to an end.

EVENTS



Grocery Bingo

Join us every 3rd Friday of the month at 10 a.m. in Brookline and every 3rd Tuesday in Overbrook for Grocery Bingo with Tiffany from Rose Meadows Health and Rehab. Enjoy a fun morning with friends and the chance to win useful prizes, including household items and food!

Nurse JJ's Corner



Why Flu Shots Matter



Getting a flu shot is one of the best ways to protect yourself and those around you during flu season. The vaccine helps lower your risk of getting influenza and can reduce the severity of symptoms if you do become sick.

Flu can lead to serious complications, especially for older adults and people with chronic health conditions. Vaccination helps protect our senior center community by reducing the spread of illness and keeping more people healthy and active.

Make flu vaccination part of your yearly wellness routine. Talk with your healthcare provider or pharmacist about getting your seasonal flu shot, and remember to wash your hands, cover coughs, and stay home when you feel sick.



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!**

Fall Spectacular Super Bingo

With Special Guest



**Cyndie Carioli from
D.A. Steven Zappala's Office
Scams & Fraud Presentation:**

**October 20th, 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**

**October 19th - John Miller-
Allegheny County Senior Companion
Program Presentation**

**October 30th-Cyndie Carioli
Allegheny County DA's Office
Local Scams and Fraud Presentation**

**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**

Wednesday Night Community Bingo

October 28th, 2026

Brookline Senior Center

\$15 entry fee

Doors open at 6pm, Bingo at 7pm

Raffle | Concessions | Instant Tickets | & More!



SUPER BINGO PARTY!

HALLOWEEN SPOOKTACULAR
FRIDAY, OCTOBER 23RD, 2026



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

BOO, BINGO & BIG WINS!



Dress up in your best Halloween costume and join our costume contest!
Prizes will be awarded for 1st, 2nd, and 3rd place.

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

Do you have an out of pocket medical need that we can help with?

Seton Center has a partnership with Global Links, which allows us to get some out-of-pocket medical supplies donated to give out to the community. Examples of items include: Shower chairs, incontinence supplies, rollators, wheel chairs/transport chairs, walkers, toilet chairs, bed rails, etc. Stop in to fill out a Global Links Request form!

GAMES, SPECIAL EVENTS
& MORE!

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



*Every Tuesday in
October @ 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!

 Allstar Therapies & Seton Center-Brookline present



**Allstar
Drumming**
Allstar Therapies All@Home

 **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!

 **Comfort
Keepers.**


CHECK OUT
OUR PAGE ON
FACEBOOK

Allstar☆☆☆☆
Therapies

www.AllstarTherapies.com
(724) 327-3553



GROUP OUTINGS:

CRUISE ON THE GATEWAY CLIPPER WEDNESDAY OCTOBER 14TH, 2026 AUTUMN SERENADE LUNCHEON CRUISE

**Departing Seton Center- Brookline
at 11am**

Cruise from 12pm-2pm

Cost: \$40 per person

(\$17 dollars off regular price)

**All tickets must be paid in full before
10/12**



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:**

Andrea Benson - Fuchs!

Your Name:



Halloween Word Search

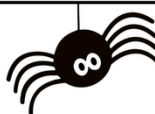


Word list:

BAT
GHOST
GRAVE
GRAVEYARD
HALLOWEEN

HAUNTED
MASK
MONSTER
PUMPKINS
SKELETON

SPIDER
SPOOKY
VAMPIRE
WITCH
ZOMBIE



OCTOBER 2026 MENU

October 5

BBQ Chicken
Buttered Corn
Sweet Potatoes
WW Dinner Roll
Fresh Clementine

October 6

Beef Patty w/Mushroom Gravy
Buttered Mixed Vegetables
Mashed Potatoes
WW Dinner Roll
Vanilla Greek Yogurt

October 7

Chicken Parmesan
Roasted Buttered Brussel Sprouts
WG Penne Pasta w/Sauce
WW Bread
Pineapple Tidbits

October 1

BBQ Pulled Pork Sandwich
Coleslaw
Corn Chowder
Fresh Watermelon

October 2

Chicken Kiev
Butter Garlic Spinach
Mashed Potatoes
WW Bread
Applesauce

October 8

Omelette & Turkey Sausage
Breakfast Potatoes
WW Dinner Roll
Fresh Orange

October 9

Swiss Steak w/Tomato Gravy
Mashed Potatoes
Buttered Lima Beans
WW Bread
Vanilla Pudding

October 12

Meatballs Stroganoff
Buttered Prince Edward Vegetable Blend
Buttered WW Rotini
Fresh Orange

October 13

Hot Dog w/Bun
Baked Beans
Coleslaw
Jello

October 14

Chicken Fritters w/Honey Mustard
Green Beans
Sweet Potatoes
WW Dinner Roll
Fresh Cantaloupe

October 15

Cheese Tortellini
Side Salad
California Blend Vegetables
WW Dinner Roll
Diced Pears

October 16

Chicken w/Sweet Onion Sauce
Buttered Carrots
Mashed Potatoes
WW Dinner Roll
Cookie

October 19

Italian Sausage & Peppers
Peas
Buttered WW Rotini
Roll
Diced Peaches

October 20

Open Face Turkey Sandwich
Buttered Wax Beans
Mashed Potatoes
WW Bread
Chocolate Pudding

October 21

Cheeseburger
French Onion Soup
Garden Seasoned Diced Potatoes
Fresh Cantaloupe

October 22

Sweet & Sour Chicken
Carrots
Veg Fried Rice
Roll
Fresh Orange

October 23

Meatloaf w/Gravy
Buttered Mixed Vegetables
Mashed Potatoes
WW Bread
Vanilla Pudding

October 26

Stuffed Cabbage
Buttered Peas
Mashed Potatoes
WW Dinner Roll
Vanilla Greek Yogurt

October 27

Smothered Chicken
Carrots
WG Mac & Cheese
WW Dinner Roll
Fresh Orange
Cookie

October 28

Beef Lasagna
Buttered Italian Vegetable Blend
Side Salad
WW Dinner Roll
Fresh Apple Slices

October 29

BBQ Pulled Pork Sandwich
Coleslaw
Corn Chowder
Fresh Watermelon

October 30

Chicken Kiev
Butter Garlic Spinach
Mashed Potatoes
WW Bread
Applesauce

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

