# Elizabeth Seton Center
# Senior Center Newsletter

# December 2026



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



Overbrook Senior Center
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Pittsburgh, PA 15210
412.882.7135


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## Don't Forget- Seton Center is CLOSED from December 24th until January 4th, 2027

**Seton Center extends its warmest wishes to you and your loved ones for a joyous Christmas season. May this special time bring peace, happiness, and meaningful moments with family and friends.**

**As the year draws to a close, we are grateful for the generosity and community that make Seton Center special. The holidays remind us of the importance of supporting one another and appreciating those who enrich our lives.**

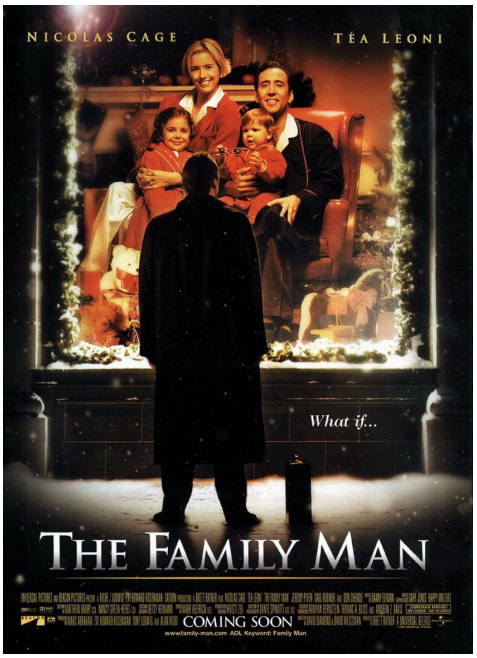
**We wish every member of the Seton Center community a Merry Christmas and a happy, healthy, and prosperous New Year.**



# Movie Day

***Wednesday, Dec 23rd 2026***

***Brookline Center 12pm FREE!***




**The Family Man follows Jack Campbell, a successful Wall Street executive who has built his life around career ambitions. On Christmas Eve, a mysterious encounter gives him a glimpse of an alternate life as a husband and father. As Jack experiences the warmth and challenges of family life, he begins to reconsider his priorities and discover what truly matters.**

# Events & Classes

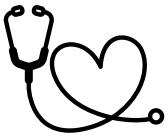
**Grocery Bingo- Every 3rd Friday in Brookline & Every 2nd Tuesday in Overbrook w/ Rose Meadows Rehab**

**Healthy Cooking W/ Chef Sam**
**Wednesday December 9th @ 12:30- Brookline**
**Cost: $5**

**Healthy Cooking W/ Chef Sam**
**Thursday December 3rd @ 12:30-Overbrook**
**Cost:$5**

## *Nurse JJ's Corner*





**Healthy Holiday Eating Tips**

**Enjoy holiday traditions while caring for your health:**

- **Eat a small, balanced meal before a party so you can choose portions comfortably.**
- **Fill half your plate with vegetables or fruit, then add protein and a favorite side.**
- **Choose one or two special treats you truly enjoy instead of sampling everything.**
- **Eat slowly, pause between servings, and notice when you feel satisfied.**
- **Keep water nearby and alternate it with festive drinks.**
- **Bring a lighter favorite—such as roasted vegetables, fruit, or a yogurt-based dip—to share.**
- **Take a short walk after meals and return to your usual routine the next day.**

**Healthy holiday eating is about balance, not perfection. Enjoy good food, meaningful company, and the season's celebrations.**

**Happy Holidays - Enjoy! Nurse J.J.**




## 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!**

***Tuesday, December 22nd***
***Special Musical Guest:***
***Pat Heiserman!***
***12pm***

### Grab Bag Super Bingo



**If Interested in participating in the grab bag bring a gift of at least $10**

***With Special Musical Guest***

**"Hey Joe"**

**December 8th, 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**

**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 until spring.***

***We will keep you updated for new dates when spring approaches.***

# Bonus Holiday Outings!

## Pittsburgh Ballet Theater's
## The Nutcracker

**Benedum Center**
**Friday, December 4th**
**Meet at Brookline Seton Center at 9am**

**Cost: $25 per Person**




## Jim Henson's
## Emmet Otter's Jugband Christmas

**The Old Schoolhouse Players with Lunch Stop at Napoli**

**Sunday, December 13th**
**Meet at Brookline Seton Center at 11:30 am**

**Cost: $25 per Person**
**(pay your own way for lunch)**

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Due to a short month we will not have a Super Bingo for the Month of December but look forward to January's New year super bingo!

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## Volunteer Opportunities

**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.**

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

# Games, Special Events & More!

## *Zumba- Move to the Music!*




***Every Tuesday in December @ 10:30am***
***Brookline Center***
***No class 12/29/27***

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






## Healthy Living

### Variety & Therapeutic Chair Exercise

Wednesdays at 10:30am
Brookline Center

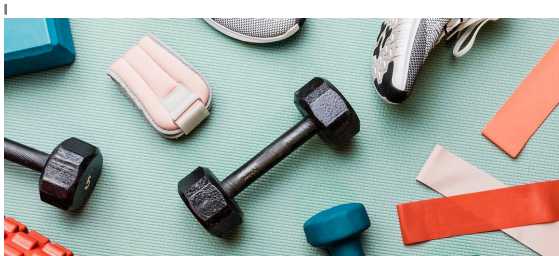
1st Monthly Class: $5
Returning Sessions: $3





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

**No Reservation Required!**



**The Heritage Players Present**




Seton Center – Brookline

December 4, 5, 11, 12
7:30PM

December 6, 13
2:30PM

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**MONTHLY MENTAL FLEX!**

**Write your guess in each box!**

**-------->**

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

**Congratulations to last month's winner:**

**Mary Lou Moriarity**

***Your Name:***

# Group Events:

## The Heritage Players Presents Annie Dinner & Theatre Friday December 11th, 2026

**Seton Center- Brookline**

**Dinner begins at 6:30PM**
**Performance starting at 7:30PM**

**Cost: $20**
**Reservations due no later then 12/9**

## Brain Teasers

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|---|---|---|
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| Looking | arrest you're | STAND me |
| WALKING ICE | STAND ICU | BE |
| CHOICE CHOICE CHOICE | t t t i i i s s s | +verb |

# DECEMBER 2026 MENU

| | | | | |
|---|---|---|---|---|
|   | **Beef Patty w/Mushroom Gravy**<br>Buttered Mixed Vegetables<br>Mashed Potatoes<br>WW Dinner Roll w/marg<br>Vanilla Greek Yogurt | **Chicken Parmesan**<br>Roasted Buttered Brussel Sprouts<br>WG Penne Pasta w/Sauce<br>WW Bread w/marg<br>Pineapple Tidbits | **Omelette & Turkey Sausage**<br>Breakfast Potatoes<br>WW Dinner Roll w/marg<br>Fresh Orange<br>Ketchup packet | **Swiss Steak w/Tomato Gravy**<br>Mashed Potatoes<br>Buttered Lima Beans<br>WW Bread w/marg<br>Vanilla Pudding |
| **December 7** | **December 8** | **December 9** | **December 10** | **December 11** |
| **Meatballs Stroganoff**<br>Buttered Prince Edward Vegetable Blend<br>Buttered WW Rotini<br>Fresh Orange | **Hot Dog w/Bun**<br>Baked Beans<br>Coleslaw<br>Jello<br>Ketchup packet | **Chicken Fritters w/Honey Mustard**<br>Green Beans<br>Sweet Potatoes<br>WW Dinner Roll w/marg<br>Fresh Cantaloupe | **Cheese Tortellini**<br>Side Salad<br>California Blend Vegetables<br>WW Dinner Roll w/marg<br>Diced Pears | **Glazed Ham**<br>Green Beans Almondine<br>Mashed Potatoes<br>Red Velvet Cake<br>Dinner Roll |
| **December 14** | **December 15** | **December 16** | **December 17** | **December 18** |
| **Italian Sausage & Peppers**<br>Peas<br>Buttered WW Rotini<br>Roll w/margarine<br>Diced Peaches | **Open Face Turkey Sandwich**<br>Buttered Wax Beans<br>Mashed Potatoes<br>WW Bread w/marg<br>Chocolate Pudding | **Cheeseburger**<br>French Onion Soup<br>Garden Seasoned Diced Potatoes<br>Fresh Cantaloupe<br>Ketchup packet | **Sweet & Sour Chicken**<br>Carrots<br>Veg Fried Rice<br>Roll w/margarine<br>Fresh Orange | **Meatloaf w/Gravy**<br>Buttered Mixed Veggies<br>Mashed Potatoes<br>Bread<br>Vanilla Pudding |
| **December 21** | **December 22** | **December 23** | **December 24** | **December 25** |
| **Stuffed Cabbage**<br>Buttered Peas<br>Mashed Potatoes<br>WW Dinner Roll w/marg<br>Vanilla Greek Yogurt | **Smothered Chicken**<br>Carrots<br>WG Mac & Cheese<br>WW Dinner Roll w/marg<br>Fresh Orange<br>Cookie | **Beef Lasagna**<br>Buttered Italian Vegetable Blend<br>Side Salad w/dressing<br>WW Dinner Roll w/marg<br>Fresh Apple Slices |   | |
| **December 28** | **December 29** | **December 30** | **December 31** | |

## SETON CENTER CLOSED

**Lunches are served at Seton Center Monday through Friday from 11:30 AM to 12:15 PM and at Overbrook Tuesday through Thursday 11:30 AM to 12:15 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!**



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