



Cold Meal Option for the month is : Ham & Cheese Sandwich, Side, Dessert

| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|---|---|---|
| DAILY MENUS ARE SUBJECT TO CHANGE. ALL MENUS MEET OR EXCEED 1/3 OF THE DAILY RECOMMENDED ALLOWANCE FOR OLDER ADULTS.   | PLEASE BE HERE BY 11:30 TO RESERVE YOUR LUNCH. IF YOU NEED TO CANCEL, PLEASE CALL US SO WE CAN OFFER YOUR LUNCH TO ANOTHER SENIOR.<br><br>Thank You |   | <b>1</b><br><br>Pork Loin<br>Onion Gravy<br>Mashed Potatoes<br>Peas<br>Dinner Roll w/butter<br>Peach Crisp              | <b>2 Birthday Party \$4.00</b><br>Taco Salad<br>Tortilla Soup<br>Tortilla Chips<br>Fresh Fruit<br>Cake Sherbet<br><b>*Orders due for May 9th Party</b>                            |
| <b>5</b><br><br>Pork Loin<br>Creamy Mushroom Sauce<br>Rice<br>Broccoli<br>Dinner Roll w/butter<br>Pineapple Delight  | <b>6</b><br><br>Cheeseburger<br>Tator Tots<br>Peas<br>Mandarin Oranges  | <b>7</b><br><br>Chicken Sandwich<br>Lettuce & Tomato<br>Cream of Potato Soup<br>Fresh Fruit                                     | <b>8</b><br><br>Pasta & Meatballs<br>Tossed Salad w/ Tomato<br>Breadstick<br>Mixed Fruit Salad                          | <b>9 Mother's Day Party \$4.00</b><br>Stuffed Chicken Breast/Gravy<br>Baked Potato w/ Sour Cream<br>California Blend Vegetables<br>Dinner Roll w/butter<br>Cheesecake w/ Cherries |
| <b>12</b><br><br>Korean Meatballs<br>White Rice<br>Oriental Vegetables<br>Wheat Bread w/butter<br>Fresh Fruit<br> | <b>13</b><br><br>Country Fried Chicken<br>Gravy<br>Mashed Potatoes<br>Mixed Vegetables<br>Wheat Bread w/butter<br>Peach Crisp                       | <b>14</b><br><br>Cabbage Casserole<br>Garlic Whipped Potatoes<br>Peas<br>Dinner Roll w/butter<br>Fresh Fruit                    | <b>15</b><br><br>Spinach & Cranberry with<br>Chicken Salad<br>Mixed Greens<br>Broccoli Salad<br>Breadstick<br>Cookie    | <b>16</b><br><br>Chicken Philly Cheesesteak<br>Cream of Spinach Soup<br>Coleslaw<br>Gelatin<br><br><b>*Orders due for May 23rd Party</b>  |
| <b>19</b><br><br>Chicken Alfredo<br>Buttered Pasta<br>Lemon Pepper Broccoli<br>Breadstick<br>Pudding   | <b>20</b><br><br>Stuffed Pepper<br>Garlic Whipped Potatoes<br>Coin Carrots<br>Dinner Roll w/butter<br>Fresh Fruit                                   | <b>21</b><br><br>Omelet w/Peppers,<br>Onions, Cheese<br>Sausage Patties<br>Hash Brown<br>French Toast Sticks/Syrup<br>Juice Cup | <b>22</b><br><br>Grilled Chicken Salad<br>Cream Of Broccoli Soup<br>Crackers<br>Dinner Roll w/butter<br>Fruited Gelatin | <b>23 \$ 4.00 MEMORIAL DAY PARTY</b><br>Stadium Hot Dog /Bun<br>Baked Beans<br>Macaroni Salad<br>Jello Poke Cake<br>Melon   |
| <b>26</b><br><br><b>SENIOR CENTER CLOSED</b>  | <b>27</b><br><br>Swiss Steak<br>Mashed Potatoes w/Gravy<br>Green Beans<br>Wheat Bread w/butter<br>Pineapple Delight                                 | <b>28</b><br><br>Popcorn Chicken<br>Whipped Potatoes/Gravy<br>Corn<br>Dinner Roll w/butter<br>Blushed Pears                     | <b>29</b><br><br>Ham w/ Pineapple Sauce<br>Whipped Sweet Potatoes<br>Peas<br>Dinner Roll w/butter<br>Cookie             | <b>30</b><br><br>BBQ Chicken Breast<br>Country Collard Greens<br>Baked Beans<br>Dinner Roll w/butter<br>Fresh Fruit   |

SHENANGO VALLEY  
SENIOR CENTER  
220 N. BUHL FARM DR.  
HERMITAGE, PA 16148  
(724) 981-7950

MAY 2025



SENIOR CENTER HOURS:  
MONDAY-FRIDAY  
8:30 AM–4:30 PM  
CLOSED WEEKENDS  
AND HOLIDAYS

PLEASE ALLOW 2 BUSINESS DAY  
NOTICE BEFORE 2 PM TO  
RESERVE A LUNCH

ALL PARTY RESERVATIONS ARE  
NEEDED TO BE PREPAID &  
ORDERED 1 WEEK IN ADVANCE

NO ONE WILL BE DENIED A MEAL  
BECAUSE OF INABILITY TO  
MAKE A DONATION

ROBIN JAMES BESHRO  
SENIOR CENTER DIRECTOR






Shenango Valley Senior Center

May 2025

**Happy Birthday:** Raymond Vamosi, Janet Thiel, Donna Darcangelo, Jack Evans, Emmagene Williams, Anna Mendonca, Joe Milano, Linda D. and Grant Dunsmore

**May 1st** – Wellness Support with Noreen Sokolak from Garden Way Place  
**May 1st** – Prize Bingo with Brianna from Nova Hospice  
**May 2<sup>nd</sup>** – Music: Doug James  
**May 6<sup>th</sup>** – Attorney Hartle Speaks “Special needs planning your child can inherit from you without losing SSI or Medicaid.”  
**May 7<sup>th</sup>** – Anna Shears Speaks “Mental Health Awareness”  
**May 9<sup>th</sup>** – Music: Dan Hogan  
**May 12<sup>th</sup>** – Tammy Lininger from St. Paul’s speaks on “Compassionate Care at Home: Essential Advice on Caring for a Love One at Home”  
**May 13<sup>th</sup>** – Representative from Sharon Regional Home Health Speaks  
**May 14<sup>th</sup>** – Coffee Chat with Mande from Amedsys  
**May 15<sup>th</sup>** – Prize Bingo with Kavon Wright from Highmark Wholecare  
**May 20<sup>th</sup>** – Kelley Bianco from the Life Program makes smoothies.  
**May 22<sup>nd</sup>** – Prize Bingo with Rachel from Embassy Health  
**May 22<sup>nd</sup>** – Dr. Watt speaks on Back and Neck pain  
**May 23<sup>rd</sup>** – Music: Greg Vanderveen  
**May 27<sup>th</sup>** – Lance Ferkula speaks on Physical and Aquatic Therapy and Rehabilitation  
**May 28<sup>th</sup>** – Seniors helping seniors

\* **Director Bingo/Prize Bingo** – 1<sup>st</sup> card free – additional cards 50 cents each

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
|    | <b>Mercer County Area Agency on Aging. Inc</b><br><br><b>133 N. Pitt Street, Mercer</b><br><b>724-662-6222</b>  |  | <b>1 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>9:30-12</b> CDSMP<br><b>10:00</b> Sculpt & Strengthen<br><b>10:00</b> Educational Prize Bingo<br><b>11:00</b> Wellness Support<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre | <b>2 Happy Birthday Party</b><br><b>9:00</b> Breakfast<br><b>9:30</b> Arthritis Exercise w/Robin<br><b>10:00</b> Prize Bingo<br><b>11:00</b> Entertainment<br><b>1:00</b> Line Dance  |
| <b>5 9:00</b> Breakfast<br><b>9:30</b> Bingocizers<br><b>9:30</b> Bridge<br><b>10:00</b> Tai Chi for Arthritis<br><b>10:30</b> Inspirational Tymes<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise                  | <b>6 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Craft<br><b>10:00</b> Sculpt & Strengthen<br><b>11:00</b> Speaker<br><b>11:00</b> Trim & Tone<br><b>12:30</b> Yoga   | <b>7 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>10:00</b> Tai Chi for Arthritis<br><b>10:00</b> Cooking w/Sherry<br><b>11:00</b> Speaker<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group                               | <b>8 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>9:30-12</b> CDSMP<br><b>10:00</b> Sculpt & Strengthen<br><b>11:00</b> Trim and Tone<br><b>11:30</b> Nutrition Education w/ Robin<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre                             | <b>9 Mother’s Day Party</b><br><b>9:00</b> Breakfast<br><b>9:30</b> Arthritis Exercise w/Robin<br><b>10:00</b> Prize Bingo<br><b>11:00</b> Entertainment<br><b>1:00</b> Line Dance   |
| <b>12 9:00</b> Breakfast<br><b>9:30</b> Bingocizers<br><b>9:30</b> Bridge<br><b>10:00</b> Tai Chi for Arthritis<br><b>11:00</b> Speaker<br><b>12:30</b> Chair Zumba<br><b>1:00</b> Euchre Group<br><b>1:30</b> Arthritis Exercise | <b>13 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Trivia<br><b>10:00</b> Sculpt & Strengthen<br><b>11:00</b> Speaker<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:30</b> Ultra Bingo                                | <b>14 9:00</b> Waffles<br><b>9:15</b> B-I-N-G-O<br><b>10:00</b> Tai Chi for Arthritis<br><b>10:00</b> Cooking w/Sherry<br><b>11:00</b> Coffee Chat w/Mande<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group                    | <b>15 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>9:30-12</b> CDSMP<br><b>10:00</b> Educational Prize Bingo<br><b>10:00</b> Sculpt and Strengthen<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre                               | <b>16 9:00</b> Breakfast<br><b>9:30</b> Arthritis Exercise w/Robin<br><b>10:30</b> Horse Races game of chance<br><b>1:00</b> Director’s Bingo<br><b>1:00</b> Line Dance<br><br><b><i>*Wear Purple for Peace Day*</i></b>   |
| <b>19 9:00</b> Breakfast<br><b>9:30</b> Bingocizers<br><b>9:30</b> Bridge<br><b>10:00</b> Tai Chi for Arthritis<br><b>10:30</b> Inspirational Tymes<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise                 | <b>20 ELECTION DAY</b><br><b>9:00</b> Breakfast<br><b>10:00</b> Table Games<br><b>10:30</b> Smoothie Times<br><br><b><i>No Exercise Classes</i></b>   | <b>21 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>10:00</b> Tai Chi for Arthritis<br><b>10:00</b> Cooking w/Sherry<br><b>11:00</b> Center Council Meeting<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group               | <b>22 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>9:30-12</b> CDSMP<br><b>10:00</b> Educational Prize Bingo<br><b>10:00</b> Sculpt and Strengthen<br><b>11:00</b> Speaker<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre       | <b>23 Memorial Day Party</b><br><b>9:00</b> Breakfast<br><b>9:30</b> Arthritis Exercise w/Robin<br><b>10:00</b> Prize Bingo<br><b>11:00</b> Entertainment<br><b>1:00</b> Line Dance  |
| <b>26 Memorial Day</b><br><br><b><i>Center Closed</i></b>   | <b>27 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>10:00</b> Bingo game of chance 25¢ per card<br><b>10:00</b> Sculpt & Strengthen<br><b>11:00</b> Speaker<br><b>11:00</b> Trim and Tone<br><b>11:00</b> Grief Support<br><b>12:30</b> Yoga | <b>28 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>10:00</b> Tai Chi for Arthritis<br><b>10:00</b> Cooking w/Sherry<br><b>11:00</b> Therapy Dogs<br><b>11:00</b> Speaker<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group | <b>29 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>9:30-12</b> CDSMP<br><b>10:00</b> Sculpt and Strengthen<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre   | <b>30 9:00</b> Breakfast<br><b>9:30</b> Arthritis Exercise w/Robin<br><b>10:30</b> Noodle Ball<br><b>1:00</b> Directors Bingo<br><b>1:00</b> Line Dance  |