

Shenango Valley Senior Center Menu for July 2026

MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Egg Salad

Meals are served w/8oz of milk. All meals are subject to change due to availability of product

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Mercer County Area Agency on Aging, Inc.</i> 133 N. Pitt Street, Mercer 724-662-6222	1 Chopped Beef Steak Gravy Baked Potato Mixed Vegetables Wheat Bread w/butter Fresh Baked Cookie	2 4th of July Party Cheeseburger on a Bun Hashbrown Casserole Homestyle Coleslaw Poke Cake w/Topping	3 Center Closed
6 Potato Crusted Pollock Sweet Corn & Red Pepper Relish Macaroni & Cheese Stewed Tomatoes Wheat Bread w/butter Fresh Fruit	7 Classic Penne with Meatballs Garden Tossed Salad Garlic Herb Breadstick Warm Spiced Apples	8 Chicken Philly Hoagie on a Bun Cream of Potato Soup Homestyle Coleslaw Fresh Baked Cookie	9 Tender Roast Beef Mashed Potatoes w/Gravy Seasoned Carrots White Bread w/butter Warm Spiced Peaches	10 Birthday Party \$4.00 Southwest Taco Salad Seasoned Sweet Corn Crisp Tortilla Chips Sweet Pineapple Tidbits
13 Tortellini w/Creamy Meat Sauce Garlic Green Beans Seasoned California Blend Veg Garlic Herb Breadstick Sweet Diced Peaches	14 Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread w/butter Fruited Flavored Gelatin	15 Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread w/butter Fresh Fruit	16 Chicken, Spinach & Cranberry Salad Creamy Cauliflower Soup Cracker Dinner Roll w/butter Chocolate Pudding	17 BBQ Pork Sandwich on a bun Seasoned Sweet Corn Oven Roasted Brussels Sprouts Fresh Fruit
20 Chopped Beef Steak Gravy Haluski Seasoned Green Beans Wheat Bread w/butter Sweet Pineapple Tidbits	21 Homemade Chili with Cheese Served over a Baked Potato Garden Salad Fresh Baked Cornbread	22 Slow Roasted Pork Loin Roasted Mushroom Sauce Steamed Brown Rice Seasoned Broccoli Fresh Fruit	23 Crispy Dill Chicken of a Bun Golden Roasted Potatoes Homestyle Coleslaw Warm Spiced Apples	24 Baked Meatloaf Caramelized Onion Gravy Garlic Mashed Potatoes Seasoned Carrots Wheat Bread w/butter Fresh Fruit
27 Braised Beef Pot Roast Mashed Potatoes/Gravy Vegetable Medley White Bread w/butter Warm Spiced Apples	28 Chef's Grilled Chicken Salad Cream of Broccoli Soup Crackers Dinner Roll w/butter Fruited Flavored Gelatin	29 Creamy Alfredo Pasta With Meatballs Peas & Pearl Onions Medley Garlic Herb Breadstick Fresh Fruit	30 Crispy General Tso's Chicken Fluffy Steamed Rice Broccoli with Garlic Sweet Pineapple Tidbits Fresh Baked Cookie	31 Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Carrots Dinner Roll w/butter Fresh Fruit

SHENANGO VALLEY SENIOR CENTER
220 N. BUHL FARM DR.
HERMITAGE, PA 16148
724-981-7950
JULY 2026



SENIOR CENTER HOURS:
MONDAY-FRIDAY
8:30 AM-4:30 PM
CLOSED WEEKEND'S

PLEASE ALLOW 2 BUSINESS DAYS'
NOTICE BY 2PM TO RESERVE A LUNCH

WE ASK THAT ALL PARTY
RESERVATIONS BE PREPAID &
ORDERED ONE WEEK IN ADVANCE

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

ROBIN JAMES-BESHERO
SENIOR CENTER DIRECTOR

July 2026

Marilyn Scott, Lee Ciora, Nancy Gassner, Jeanette Winslow, Judy Padenich, Ed Kimbrough, George Watt, Rose Collins, Theresa McCallen, Shirley Barber, Diane Vranich, June Dale, Gene Testa, Rose Vamosi,, Cynthia Emmerich, Kathleen McCann, David Moser, Elly Bell, Kathleen Davenport, Sandy Hazlett, Pamela Germadnik, Marian Barborak, Art Wolgarth, Cathy Sabo and Jane Schuster

July 27th - Cindy Durst from Primary Health speaks

***Tops of Sharon is a nutrition support group for more information please see Emmagene.**

Farmers Market Vouchers for LOW INCOME SENIORS will be available Tuesdays and Thursdays from 2-4 while supplies last.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mercer County Area Agency on Aging, Inc.</i> <i>133 N. Pitt Street, Mercer</i> <i>724-662-6222</i>		1 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	2 July 4th Party 9:00 Breakfast 9:00 Total Body Fitness 9:00 Bridge 9:30 Star Spangled Prize Bingo 10:00 Sculpt & Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	3 Center Closed
6 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	7 9:00 Breakfast 9:00 Total Body Fitness 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Trim and Tone 11:00 Legal Advice 12:30 Yoga	8 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 11:00 Speaker 11:00 Zumba 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	9 9:00 Breakfast 9:00 Total Body Fitness 9:00 Bridge 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:00 Ice Cream Social	10 Happy Birthday Party  9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge
13 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	14 9:00 Breakfast 9:00 Total Body Fitness 9:30 Tops of Sharon* 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:30 Ultra Bingo	15 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 11:00 Center Council Meeting 11:00 Therapy dogs in TV Room 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	16 9:00 Breakfast 9:00 Total Body Fitness 9:00 Bridge 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	17 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Noodle Ball 1:00 Attic Treasure in the Lounge 1-4 Line Dance Social
20 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 10:30 Inspirational Tymes 11:00 Entertainment 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	21 9:00 Breakfast 9:00 Total Body Fitness 9:30 Table Games 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 10:30 Speaker 11:00 Trim n Tone 12:30 Yoga	22 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	23 9:00 Breakfast 9:00 Total Body Fitness 9:00 Bridge 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	24 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Duck Rack Game of Chance 1:00 Line Dance 1:00 Attic Treasure in the Lounge
27 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	28 9:00 Breakfast 9:00 Total Body Fitness 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga	29 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Nutrition Educ. Bingo w/ Robin 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	30 9:00 Breakfast 9:00 Total Body Fitness 9:00 Bridge 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	31 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Noodle Ball 1:00 Line Dance 1:00 Attic Treasure in the Lounge