

Welcome to The McQuiston Center!

Our inside track is a safe place to walk 20 times around=1 mile. Walk for your health!

****Our fitness room has treadmills, exercise bikes, recumbent bikes weights and other equipment.**

(**Activities subject to change.)

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	4 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	5 <u>BP Screening</u> 9:15 Inspirational Hour 10:00 Seniorcise 10:30 BP Screening 12:00 Lunch	6 10:00 Line Dancing w/ Kay 10:30 Domino Club 12:00 Lunch 1:00 Uno	7 <u>BIRTHDAY \$4.00</u> 10:30 Walk to the Park 11:00 Cornhole 120 Lunch Picnic @ the Park
10 <u>Keystone Eye Exam</u> 10:00 Seniorcise 10-12 (Free) Eye Exam & Eyeglasses repair 12:00 Lunch 12:30 Bridge 1:00-3:30 Puzzle Time	11 <u>GREEN DAY</u> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 <i>(Whoever wears the most green wins a prize)</i>	12 <u>McQuistonator \$1.00</u> 8:30-9:30 <i>McQuistonator Breakfast Sandwich</i> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch	13 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room	14 9:30 Arthritiscize 10:30 <i>Horse Racing</i> 50/50 12:00 Lunch 1:00 Fitness Room Fun
17 <u>Blue Jean Day</u> 10:00 Seniorcise 1:00 Lunch 12:30 Bridge Wear your blue jeans to save \$1.00 on lunch	18 <u>Waffles</u> 8:30-9:30 <i>Waffles</i> 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	19 <u>Lake Wilhelm \$4</u> 10:30 <i>Lake Wilhelm Picnic</i> Lunch and Cornhole <i>Bring your fishing poles if you want to fish</i>	20 10:00 Line Dancing w/ Kay 10:30 Domino Club 12:00 Lunch 1:00 Walk 4 Your Health	21 10:00 Arthritiscize 12:00 Lunch
24 <u>Special Breakfast \$1.00</u> 8:30-9:30 Special Breakfast 10:00 Seniorcise 12:00 Lunch 12:30 Bridge 1:00-3:30 Puzzle Time	25 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	26 <u>Yellow Day</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch (Whoever wears the most yellow wins a prize!)	27 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Walk 4 Your Health	28 9:30 Arthrtiscize 10:30 <i>Horse Racing</i> 50/50 12:00 Lunch 1:00 Fitness Room Fun
31 10:00 Seniorcise 11:00 <i>Socialize Hour outside</i> 12:00 Lunch 12:30 Bridge 1:00-3:30 Puzzle Time	Reminder August 19 th - if you would like to fish please be sure to bring your fishing license.	If anyone is interested in teaching the exercise class, please ask Shawna for details.	Thank you to all our seniors who make the McQuiston Center what it is. Without you, we wouldn't be so awesome!	<i>We will be starting to take auction donations beginning in September. Please NO clothes.</i>
Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797				

Monday	Tuesday	Wednesday	Thursday	Friday
3 Savory Farmhouse Omelet w/ Peppers & Onions Herbed Breakfast Potatoes Spiced Pears Biscuit	4 Ham w/ BBQ Glaze Seasoned Green Beans Spiced Apples Homestyle Coleslaw	5 Crispy Chicken Cutlet Mashed Potatoes w/ Pan Gravy Oven Roasted Brussel Sprouts Wheat Bread & Fruit Medley	6 Cube Steak w/ Onions & Peppers in a Red Sauce Oven Baked Potato Seasoned Carrots Wheat Bread Fruited Flavored Gelatin	7 <u>PICNIC in the Park \$4</u> Creamy Tuna Salad Sandwich Crispy Broccoli Salad Pickled Beef Salad Cake & Ice Cream <u>BIRTHDAY PARTY!!!!</u>
10 Oven Baked Lasagna Roll w/ Cream of Spinach Sauce Peas & Onion Medley California Blend Veggies Breadstick & Fresh Fruit	11 Italian Meatballs Sub Pasta Fagioli Soup Garden Tossed Salad Fresh Fruit of the Day	12 Grilled Chicken Breast Broccoli, Cheese & Rice Casserole Seasoned Carrots Diced Pears & Dinner Roll	13 Classic Cheeseburger Golden Roasted Potatoes Vegetable Medley Mandarin Oranges	14 Open Faced Roasted Turkey w/ Gravy Garlic Mashed Potatoes Seasoned Sweet Corn Cookie
17 Swedish Meatballs in Cream Sauce Buttered Pasta Seasoned Broccoli & Roll Spiced Peaches	18 Roasted Turkey Chef Salad Hearty Vegetable Soup Fruited Flavored Gelatin Wheat Bread	19 <u>Lake Wilhelm \$4.00</u> Creamy Chicken Salad Sandwich Marinated Tomato Cucumber Salad Macaroni Salad Fresh Fruit of the Day	20 Grilled Hot Dog Cheddar Cheese potatoes Seasoned Green Peas Sweet Pineapple Tidbits	21 Chopped Beef Steak w/ Gravy Baked Potato Mixed Vegetables Wheat Bread Cookie
24 Potato Crusted Pollock Mac N Cheese Stewed Tomatoes Wheat Bread Fresh Fruit of the Day	25 Classic Penne w/ Meatballs Garden Tossed Salad Garlic Herb Breadstick Spiced Apples	26 Chicken Philly Hoagie Cream of Potato Soup Homestyle Coleslaw Cookie	27 Tender Roast Beef w/ Gravy Mashed Potatoes Seasoned Carrots White Bread Spiced Peaches	28 Southwest Taco Salad w/ Tortilla Chips Seasoned Sweet Corn Sweet Pineapple Tidbits
31 Tortellini w/ Creamy Meat Sauce Garlic Green Beans Seasoned California Blend Breadstick & Diced Sweet Peaches	<u>Don't forget to pre-register for meals</u> Monday for Wednesday Tuesday for Thursday Wednesday for Friday Thursday for Monday Friday for Tuesday	If requesting anything special for your meal, please advice a kitchen staff prior to 11:45. Once lunch begins, no special orders will be granted	Please notify staff if you have any food allergies.	<i>The cold option of the month is <u>BOLOGNA & CHEESE</u> Sandwich. The cold sandwich is served with the sides of the day. Please notify staff when reserving.</i>

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

August 2026



724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

