

# McQuiston Center by the park!

Mercer County Area on Aging (724) 662-6222 / MCCT (724) 981-6222

**Come inside and walk  
On our heated  
Floor track.**

**Remember....20  
Times around  
Is 1 mile!**

**\*\*Remember to sign  
Up by February 6<sup>th</sup>  
For the Valentine  
Meal!**

**\*\*Activities subject to change. \*\***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  10:00 Seniorcise 12:00 Lunch 12:30 Bridge	<b>3</b>  9:00 Shuffleboard 10:30 <i>Valentine</i> Coin Bingo 12:00 Lunch 12:30 500 Club	<b>4</b> <i>Birthday \$4.00</i>  9:15 Inspirational Hour 10:00-10:45 Seniorcise <b>11:00</b> Basement Band New King & Queen Announced	<b>5</b>  10:00 Line Dancing 12:00 Lunch 12:30 Uno 1:00 Walk 4 UR Health	<b>6</b>  9:30 Arthritiscize 10:30 Valentine Horse Racing (Wear red or pink shirt for free card in 1 <sup>st</sup> round) Shirt must be 80% or more red or pink. Or a Valentine Shirt will do!  50/50
<b>9 BP Screening This Morning</b>  10:00 Seniorcise 11:00 Tom Hall 12:00 Lunch 12:30 Bridge	<b>10</b>  9:00 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500 Club	<b>11</b>  8:30- 9:30 Special Breakfast (\$1.00) 10:00 Seniorcise 11:00 Inspirational Hour 12:00 Lunch 1:00 Fitness Track	<b>12</b>  10:00 Line Dancing 12:00 Lunch 1:00 Walk 4 UR Health	<b>13</b> <i>Valentine Party \$4.00</i> <b>Dreamcatcher's DJ</b> Enjoy a day filled with music, dancing & door prizes!  
<b>CLOSED</b>	<b>17 WAFFLES</b> <b>Waffles Served until 9:30</b>  9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500 Club 12:30 Bridge	<b>18 Employee Appreciation Day!</b>  9:15 Inspirational Hour 10:00 Seniorcise <b>11:00</b> Please come & spend the day with the staff & let them know you love them! Guessing Game & Fun! How much do you really know the girls???? 12:00 Lunch	<b>19</b>  10:00 Line Dancing 12:30 Exercise Room 1:00 Walk 4 UR Health	<b>20</b>  9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 12:30 Exercise Room
<b>23 LUAU Party!</b>  10:00 Seniorcise <b>11:00 Luau Games</b> 12:00 Lunch 12:30 Bridge Dress up for a luau and receive today free!	<b>24</b>  9:00 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500 Club	<b>25</b>  9:30 Seniorcise 11:00 Inspirational Hour 12:00 Lunch 12:30 Exercise Room	<b>26</b>  10:00 Line Dancing 12:30 Exercise Room 1:00 Walk 4 UR Health	<b>27</b>  10:00 Arthritiscize 12:00 Lunch 12:30 Fitness Room

Monday	Tuesday	Wednesday	Thursday	Friday
2 Kielbasa w/ Kraut Noodles California Blend Veggies Applesauce	3 Stuffed Pepper w/ Sauce Garlic Mashed Potatoes Carrots White Bread Pudding	4 <u>Birthday \$4.00</u> Pasta & Meatballs Tossed Salad w/ Tomato Garlic Breadstick Cake & Ice Cream	5 Salisbury Steak Mashed Potatoes & Gravy Peas Dinner Roll Gelatin	6 Creamy Chicken Tortellini Side Salad w/ Tomato Garlic Breadstick Fresh Fruit of the Day
9 Cheeseburger Tator Tots Tossed Salad w/ Tomato Baked Pineapple	10 (mildly spicy meal) General Tso's Chicken over Rice Garlic Broccoli Mandarin Oranges	11 Sliced Ham w/ Pineapple Sweet Mashed Potatoes Green Peas Dinner Roll & Cookie	12 Chicken Philly Sandwich Cream of Spinach Soup Coleslaw Gelatin	13 <u>Valentine Meal \$4.00</u> Pot Roast w/ Gravy Baked Potato Green Beans Dinner Roll Angel Food Cake w/ Strawberries
16 <b>CLOSED FOR PRESIDENT'S DAY</b>	17 Roasted Pork w/ Gravy Parsley Potatoes Carrots Dinner Roll Fresh Fruit of the Day	18 Baked Lasagna w/ Sauce Deluxe Salad Garlic Breadstick Fresh Fruit of the Day	19 Meatball Sub w/ Cheese Side Salad w/ Dressing Cookie	20 Baked crab Cake Sandwich Buttered Noodles Peas Spiced Fruit
23 Sweet Sausage w/ Peppers & Onions Garlic Parsley Potatoes Green Beans Mandarin Oranges	24 Grilled Chicken Parmesan Rotini w/ Red Sauce Tossed Salad w/ Tomato Garlic Breadstick Applesauce	25 Pot Roast w/ Gravy Mashed Potatoes Coin Carrots Italian Bread Peach Crisp	26 Grilled Chicken Salad Broccoli Soup Breadstick Fresh Fruit of the Day	28 Potato Crusted Fish Sandwich Mac N Cheese Stewed Tomatoes Fresh Fruit of the Day

**McQuiston Center by the Park**  
29 Railroad Street  
Sandy Lake



**February  
2026**

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

