


****Remember to sign
Up by February 6th
For the Valentine
Meal!**

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

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

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
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 CLOSED FOR PRESIDENT'S DAY	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

