




# Grove City Senior Community Center

301 South Broad Street, Grove City, PA 16127  
 (724) 458-6844

## July 2026

Mercer County Community Transit: For reservations call (800) 222-8797

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fitness Center is open daily & Hair Salon is open Wednesdays by appointment.	<b>FMNP Distribution</b> <b>Wednesdays 1:00pm-3:00pm</b> <b>July 1,8,15, &amp;22</b> <b>Thursdays 9:00am-noon</b> <b>July 9,16,23</b>	<b>1 8:30am-Coffee Group</b> 11:00am-Nutritional Information Handout 11:00pm-PHN Health Education Speaker <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Senior Stretch Exercise</b>	<b>2 8:30am-Coffee Group</b> <b>10:00amam-BINGO sponsored by Grove Manor</b> 11:30am-Special Fourth of July Picnic Lunch 1:15pm-Cards, Games, Puzzles	<b>3 Center Closed</b> 
6 8:30am-Coffee Group 11:00am-Mind Bender Puzzle <b>11:30am-Lunch &amp; Social Hour</b> 1:15pm-Coffee Group 	7 8:30am -Coffee Group <b>10:30am-BloodPressure Screening by AHN-Grove City</b> 11:30am-Lunch & Social Hour 12:15pm-Dominos 1:15-BINGO	8 <b>8:30am-Coffee Group</b> 11:30am-Lunch & Social Hour 12:15pm-Senior Stretch Exercise 5:00pm-Family Caregiver Support Group <b>6:00pm-Music in the Overflow</b>	9 8:30am-Coffee Group <b>10:00am-Bingo sponsored by Lakes at Jefferson</b> <b>11:30am-Lunch &amp; Social Hour</b> <b>2:00pm-3:00pm-Cornhole</b>	10 <b>8:30am-Coffee Group</b> <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Senior Shape and Tone</b> <b>1:00pm-Dominos</b> <b>1:15pm-Coffee Group</b>
13 8:30am-Coffee Group 11:00am-Mind Bender Puzzles <b>11:30am-Lunch &amp; Social Hour</b> 1:15pm-Coffee Group	14 <b>8:30am -Coffee Group</b> <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Dominos</b> <b>1:15pm-BINGO</b>	15 <b>8:30am-Coffee Group</b> <b>11:00am-Nutrition Education Hand-out</b> 11:30am-Lunch & Social Hour 12:15pm-Senior Stretch Exercise 2:00pm-Lemonade Stand	16 8:30am-Coffee Group <b>10:00:am- Christmas in July BINGO</b> 11:30am-Lunch & Social Hour <b>2:00pm-3:00pm-Cornhole</b>	17 <b>8:30am-Coffee Group</b> <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Senior Shape and Tone</b> <b>1:00pm-Dominos</b> <b>1:15pm-Coffee Group</b> <b>2:00pm-Ice Cream Social</b>
20 8:30am-Coffee Group 11:00am-Mind Bender Puzzle <b>11:00am-Folk Singing &amp; Story Telling by Rick Bruening</b> 11:30am-Lunch & Social Hour 1:15pm-Coffee Group 1:15pm-Cornhole	21 8:30am-Coffee Group 11:00am-Senior Health Presentation by Primary Health Network 11:30am-Lunch & Social Hour 12:15pm-Dominos 1:15pm-BINGO	22 <b>8:30am-Coffee Group</b> 11:30am-Lunch & Social Hour 12:15pm-Senior Stretch Exercise <b>2:00pm-Presentation: Digital Danger Zones by Att. General's Office</b> 	23 8:30am-Coffee Group <b>10:00amam-Bingo sponsored by Orchard Manor</b> <b>11:00am-Senior Health Presentation by Kelly Bianco, LIFE</b> 11:30am-Lunch & Social Hour <b>1:00pm-Music by Josh Rowe</b>	24 <b>Senior Center Annual Yard Sale</b> <b>9:00am-?</b> <b>8:30am-Coffee Group</b> <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Senior Shape and Tone</b> <b>1:00pm-Dominos</b> <b>4:00pm-Salvation Army Senior Service Program</b>
27 8:30am-Coffee Group 11:00am-Mind Bender Puzzles <b>11:30am-Lunch &amp; Social Hour</b> 1:15pm-Coffee Group 1:15pm-Cornhole	28 <b>8:30am -Coffee Group</b> <b>11:00pm-Presentation by Orchard Manor</b> 11:30am-Lunch & Social Hour 12:15pm-Dominos 1:15pm-BINGO	29 <b>8:30am-Coffee Group</b> 11:00am-Nutritional Information Handout <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Senior Stretch Exercise</b>	30 8:30am-Coffee Group <b>10:00amam-BINGO sponsored by Grove Manor</b> 11:30am-Lunch & Social Hour 1:15pm-Cards, Games, Puzzles	31 <b>8:30am-Coffee Group</b> <b>11:30am-Lunch &amp; Social Hour</b> <b>12:15pm-Senior Shape and Tone</b> <b>1:00pm-Dominos</b> <b>1:15pm-Hot Dog Fundraiser</b>

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Stay hydrated. Thirst sensation decreases with age. Maintain consistent water intake throughout the day to avoid dehydration!</i></p> <p><i>Did you know that 56 people signed the Declaration of Independence? Half of them were lawyers, with farmers and merchants making up the rest!</i></p>		<p><b>1</b></p> <p>Chopped Beef Steak 2oz Gravy Baked Potato 1/2c Mixed Vegetables Wheat Bread Fresh Baked Cookie</p>	<p><b>2</b></p> <p>Fourth of July Party Classic Cheeseburger Hamburger Bun 1/2c Hashbrown Casserole 1/2c Homestyle Coleslaw Poke Cake w/ Topping</p>	<p>Alternative: Egg Salad</p> <p><b>3</b></p>
<p><b>6</b></p> <p>Potato Crusted Pollock Tbsp. Sweet Corn &amp; Red Pepper Relish 1/2c Macaroni &amp; Cheese 1/2c Stewed Tomatoes Wheat Bread Fresh Fruit</p>	<p><b>7</b></p> <p>1/2c Classic Penne with Meatballs (4) 1c Garden Tossed Salad Garlic Herb Breadstick 1/2c Warm Spiced Apples Dressing Packet (1)</p>	<p><b>8</b></p> <p>Chicken Philly Hoagie Hot Dog Bun 1c Cream of Potato Soup 1/2c Homestyle Coleslaw Fresh Baked Cookie</p>	<p><b>9</b></p> <p>3oz Tender Roast Beef 2oz Beef Gravy 1/2c Mashed Potatoes 1/2c Seasoned Carrots White Bread 1/2c Warm Spiced Peaches</p>	<p><b>10</b></p> <p>Southwest Taco Salad 1/2c Seasoned Sweet Corn Crisp Tortilla Chips (10 pc) 1/2c Sweet Pineapple Tidbits Dressing Packets (2)</p>
<p><b>13</b></p> <p>1c Tortellini w/ Creamy Meat Sauce 1/2c Garlic Green Beans 1/2c Seasoned California Blend Veg. Garlic Herb Breadstick 1/2c Sweet Diced Peaches</p>	<p><b>14</b></p> <p>Sweet &amp; Sour Chicken 1/2c Steamed Brown Rice 1/2c Peas &amp; Pearl Onions Wheat Bread 1/2c Fruited Flavored Gelatin</p>	<p><b>15</b></p> <p>Baked Stuffed Pepper 1/2c Whipped Garlic Potatoes 1/2c Seasoned Carrots White Bread Fresh Fruit</p>	<p><b>16</b></p> <p>Chicken, Spinach &amp; Cranberry Salad 1c Creamy Cauliflower Soup Cracker (1) Dinner Roll 1/2c Chocolate Pudding Dressing Packet</p>	<p><b>17</b></p> <p>BBQ Pork Rib Sandwich Hamburger Bun 1/2c Seasoned Sweet Corn 1/2c Oven Roasted Brussel Sprouts Fresh Fruit</p>
<p><b>20</b></p> <p>Chopped Beef Steak 2oz Gravy 1/2c Haluski (Cabbage and Pasta) 1/2c Seasoned Green Beans Wheat Bread 1/2c Sweet Pineapple Tidbits</p>	<p><b>21</b></p> <p>6oz Homemade Chili with Cheese Oven Baked Potato 1c Garden Tossed Salad Fresh Baked Cornbread Dressing Packet (1)</p>	<p><b>22</b></p> <p>Slow Roasted Pork Loin 2oz Roasted Mushroom Sauce 1/2c Steamed Brown Rice 1/2c Seasoned Broccoli Fresh Fruit</p>	<p><b>23</b></p> <p>Crispy Dill Chicken Hamburger Bun 1/2c Golden Roasted Potatoes 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw</p>	<p><b>24</b></p> <p>3oz Baked Meatloaf 2oz Carmelized Onion Gravy 1/2c Garlic Mashed Potatoes 1/2c Seasoned Carrots Wheat Bread Fresh Fruit</p>
<p><b>27</b></p> <p>3oz Braised Beef Pot Roast 2oz Gravy 1/2c Mashed Potatoes 1/2c Vegetable Medley White Bread 1/2c Warm Spiced Apples</p>	<p><b>28</b></p> <p>Chef's Grilled Chicken Salad 1c Cream of Broccoli Soup Cracker (1) Dinner Roll 1/2c Fruited Flavored Gelatin Dressing Packets (2)</p>	<p><b>29</b></p> <p>1/2c Creamy Alfredo Pasta with Meatballs (4) 1/2c Peas &amp; Pearl Onions Medley Garlic Herb Breadstick Fresh Fruit</p>	<p><b>30</b></p> <p>Crispy General Tso's Chicken (5) 1/2c Fluffy Steamed Rice 1/2c Broccoli with Garlic 1/2c Sweet Pineapple Tidbits Fresh Baked Cookie</p>	<p><b>31</b></p> <p>Tomato Braised Stuffed Cabbage 1/2c Garlic Mashed Potatoes 1/2c Seasoned Carrots Dinner Roll Fresh Fruit</p>