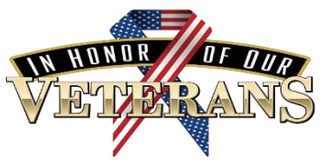
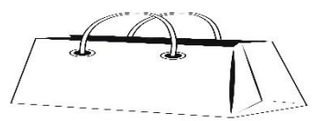
Mercer County Area Agency on Aging, Inc.

Grove City Senior Community Center

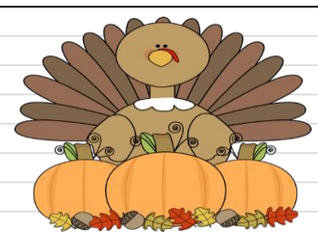
301 South Broad Street, Grove City, PA 16127

(724) 458-6844

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 5 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group	**2 8:30**am-Coffee Group 11:00am-Senior Nutrition Hand-out 11:30am-Lunch & Social Hour 12:15pm-DOMINOS **1:15pm-BINGO**	**3** 8:30am-Coffee Group 11:00am-Nutrition Information Hand-out & discussion 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori 1:15pm-WII Bowling	**4** 8:30am-Coffee Group **10:00am-Grove Manor sponsored BINGO** 11:30am-Lunch & Social Hour 1:15pm-Coffee Group 1:30pm-Cornhole	**5** 8:30am-Coffee Group 11:30am-Lunch & Social Hour 12:15pm-. Exercise Lori Richmond 1:15on-Coffee Group 1::00pm-Dominos 2:00pm-Ice Cream Social Fundraiser
9 5 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group	**10 8:30**am-Coffee Group 10:45am-**Blood Pressure Screening by Allegheny Health Network** 11:15am-Diabetes Education 11:30am-Lunch & Social Hour 12:15pm-DOMINOS 1:15pm-Intro to BINGOSIZE! **1:15pm-BINGO**	**11 Center Closed** **Veteran's Day** 	**12** 8:30am-Coffee Group **10:00am-Sponsored BINGO by Acadia Home Health & Hospice** *11:30am-Special Lunch & Tribute* 11:30am-Lunch & Social Hour **1:30pm-Cornhole**	**13 8:30**am-Coffee Group 11:30am-Lunch & Social Hour 12:15pm-Exercise Lori Richmond 1:15pm-Coffee Group 1:00pm-Dominos
16 5 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group	**17** 8:30am-Coffee Group 10:30am-BINGOSIZE 11:00am-Senior Health Hand-out *11:30am-Lunch & Social Hour* *12:15pm-DOMINOS* 1:15pm-BINGO	**18 8:30am-Coffee Group** 10:00am-BINGOSIZE Hand-out & discussion 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori 1:15pm-WII Bowling	**19 8:30**am-Coffee Group 10:00am-BINGO **11:00am-** 11:30am-Lunch & Social Hour 1:30pm-Cornhole	**20 8:30am-Coffee Group** 10:30am-Dominos **11:30am-Lunch & Social Hour** 12:15pm-Exercise-Lori Richmond 1:00pm-Dominos 1:15pm-Coffee Group
23 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm- Coffee Group	**24 8:30**am-Coffee Group 10:00am-Wii Bowling *11:30am-Lunch & Social Hour* 1:15pm-BINGO	**25** 8:30am-Coffee Group 10:00am-BINGOSIZE 11:00am-Senior Health Presentation by LIFE 11:30am-Lunch & Social Hour 12:15pm-Exercise w Lori 1:15pm-WII Bowling	**26 Happy Thanksgiving!** 	**27 Center Closed** 
30 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group		***Programs/Meals subject to change without notice**		***Fitness center is open daily!** ***Hair Salon is open on Wednesdays by appointment!**

November

Monday	Tuesday	Wednesday	Thursday	Friday
2 6oz Winter Beef Stew 1/2c Honey Glazed Carrots 1/2c Cheesy Herbed Rice Pilaf Fresh Fruit (Orange)	**3** Crispy Chicken Cutlet 2 fl oz. Pan Gravy 1/2c Brussel Sprouts 1/2c Buttered Parsley Pasta 1/2c Fruit Medley	**4** Tomato Braised Stuffed Cabbage 1/2c Garlic Mashed Potatoes 1/2c Seasoned Broccoli Dinner Roll Fresh Fruit (Apple)	**5** Roasted Turkey Chef Salad 1c Italian Wedding Soup 1 Wheat Bread 4oz Orange Juice Dressing Packets (2)	**6** 1pc Breakfast Omelet 1/2c Herbed Breakfast Potatoes 1/2c Mandarin Oranges Buttery Biscuit
9 Classic Cheeseburger 1/2c Golden Roasted Potatoes 1/2c Seasoned Cauliflower Hamburger Bun Fresh Fruit (Banana)	**10** **Happy Veteran's Day** 3oz Braised Beef Pot Roast 2 fl oz Pan Gravy Baked Potato / Sour Cream 1/2c Vegeble Medley Dinner Roll Apple Pie	**11** **Veteran's Day Closed**	**12** Chef's Grilled Chicken Salad 1c Cream of Broccoli Soup Cracker (1 pkg) 1/2c Flavored Gelatin 1 Wheat Bread Dressing Packets (2)	**13** Chopped Beef Steak 2 fl oz Pan Gravy 1/2c Buttered Rotini Pasta 1/2c Brussel Sprouts 1/2c Diced Pear Cup
16 6oz Sesame Orange Chicken over 3/4c Vegetable Fried Rice 1/2c Garlic Green Beans Fresh Fruit (Orange) Fresh Baked Cookie	**17** 1/2c Creamy Chicken Salad Hamburger Bun 1/2c Marinated Tomato & Cucumber Salad 1/2c Macaroni Salad Fresh Fruit (Apple)	**18** 4oz Sloppy Joe 1/2c Winter Blend Vegetables 1/2c Golden Roasted Potatoes Hamburger Bun	**19** 3oz BBQ Chipped Ham 1/2c Sesasoned Green Peas 1/2c Warm Spiced Apples 1/2c Homestyle Coleslaw Hamburger Bun	**20** **Thanksgiving Party** Turkey with Gravy & Stuffing 1/2c Whipped Potatoes w/ Chives 1/2c Sweet Corn Dinner Roll Pumpkin Pie with Whipped Topping
23 (4) Swedish Meatballs in Cream Sauce 1/2c Buttered Parsley Pasta 1/2c Steamed Seasoned Cauliflower 1/2c Fruit Mix Cup	**24** Hot Dog on a Bun 1/2c Cheddar Cheese Potatoes 1/2c Seasoned Green Peas Hot Dog Bun Fresh Fruit (Orange)	**25** Grilled Chicken Cacciatore 1/2c Parmesan Garlic Broccoli 1/2c Buttered Parsley Pasta Fresh Fruit (Banana)	**26** Thanksgiving Day	**27** Center Closed
30 (4) Meatballs Parmesan 1/2c Buttered Parsley Penne Pasta 1/2c Seasoned Broccoli 1/2c Sweet Pineapple Tidbit Cup	Grove City Senior Community Center 724-458-6844		**November Motivation Tips!** Practing gratitude has been linked to better sleep and lower stress. Remember what you're thankful for this Thanksgiving. Acts of kindness reduce stress hormones.	

Suggested daily donation: $3.00 regular meals $4.00 special meals

Mothly total: $56.00

Milk and margarine served with each meal.

Menu subject to change.