



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

National Senior Center Month!

September 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Center Closed</p> 	<p>3 8:30am -Coffee Group 10:00am-BINGO 11:00am-Nutritional Health Informative Hando-out & Discussion 11:30am-Lunch & Social Hour 1:30pm-VIOLIN Musician, Josh</p>	<p>4 8:30am-Coffee Group 10:00am-Dominos 12:15pm-Senior Stretch Exercise 1:15pm-Coffee Group 2:30pm-Strawberry Shortcake Sale FMNP 1:00pm-3:00pm</p>	<p>5 8:30am-Coffee Group 10:00am-BINGO w/NOVA Care Physical Therapy. 11:30amLunch & Social Hour 1:15pm-Coffee Group 2:00pm-Peter Pan Musical Movie</p>	<p>6 8:30am-Coffee Group 10:00am-Dominos 11:30am-Lunch & Social Hour 12:15pm-Senior Shape and Tone Exercise 1:15pm-Coffee Group</p>
<p>9 8:30am-Coffee Group 10:30am-Cornhole 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group</p>	<p>10 8:30am -Coffee Group 9:30am-Wii Bowling <u>11:00am-Suicide Prevention Presented by Mercer County Suicide Prevention Network door prize chance for attendees</u> 11:30am-Lunch & Social Hour 1:15pm-BINGO</p>	<p>11 8:30am-Coffee Group 10:00am-Crafts 11:30am-Lunch & Social Hour 12:15pm-Senior Stretch Exercise 1:15pm-Coffee Group</p>	<p>12 8:30am-Coffee Group 9:30am-BINGO 10:45am-Music by the Basement Band 11:30am-Lunch & Social Hour 1:15pm-Cards, Games, Puzzles</p>	<p>13 8:30am-Pancake Breakfast 10:00am-Dominos 11:00am-Are you okay? Activity 11:30am-Lunch & Social Hour 12:15pm-Senior Shape and Tone Exercise 1:15pm-Coffee Group</p>
<p>16 8:30am-Coffee Group 10:30am-Cornhole 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm--Coffee Group</p>	<p>17 8:30am -Coffee Group 11:00am- Fall Prevention Handout 11:30am-Lunch & Social Hour 1:15pm-BINGO</p>	<p>18 8:30am-Coffee Group 11:30am-Lunch & Social Hour 1:00pm-Senior Pictures 😊 12:15pm-Senior Stretch Exercise 1:15pm-Coffee Group</p>	<p>19 8:30am-Coffee Group 10:00am-BINGO & BINGOSIZE 11:30am-Lunch & Social Hour 1:15pm-Cards, Games, Puzzles 2:00pm-Butterscotch Pudding Making Activity</p>	<p>20 8:30am-Coffee Group 11:30am-Lunch & Social Hour 12:15pm-Senior Shape and Tone Exercise 1:15pm-Coffee Group</p>
<p>23 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm--Coffee Group</p> <p><i>UPMC for Life Members free admission to Keystone Safari...fyi</i></p>	<p>24 8:30am -Coffee Group 9:30am-Wii Bowling 11:00am- "Lifelong Learning" presentation by the Mercer County Life Long Learning Program 11:30am-Lunch & Social Hour 1:15pm-BINGO 2:45pm-Pizza Party</p>	<p>25 8:30am-Coffee Group 10:45am-Blood Pressure Screening by Wendy Callahan, Family Home Health & Three Rivers Hospice 11:30am-Lunch & Social Hour 12:15pm-Senior Stretch</p>	<p>26 8:30am-Coffee Group 10:00am-BINGO 11:30am-Lunch & Social Hour 1:15pm-Cards, Games, Puzzles</p>	<p>27 8:30am-Coffee Group 11:00am-Fall Party 11:30am- Lunch & Social Hour 12:15pm-Senior Shape and Tone Exercise 1:15pm-Coffee Group</p>
<p>30 8:30am-Coffee Group 11:00am-Mind Bender Puzzles 11:30am-Lunch & Social Hour 1:15pm-Coffee Group</p>	<p>Stop in first thing every day.... NEW Breakfast Items are available!</p>	<p>Programs and meals subject to change Without notice</p>	<p>Fitness Room is open! Please sign-in</p> <p>Beauty Salon is available by appointment on Wednesdays!</p>	

Two days advanced reservation required for regular meals/one week for special meals/ Menus/ Programs Subject to change without notice/Suggested Daily Donation \$3.00 regular meals special meals \$4.00.

Monday	Tuesday	Wednesday	Thursday	Friday
Labor Day 2	3	4	5	Birthday Valley 6
Closed	Sliced Ham w/ Pineapple Sauce Sweet Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pudding	Orange Glazed Pork Loin 1/2c Buttered Pasta 1/2c California Blend 1 Wheat Bread Seasonal Fresh fruit	Tuna Salad Sandwich w/lettuce & tomato 1c Tomato Soup w/ Crackers Sandwich Roll 1 Cookie	Parmesan Chicken Over 1/2c. Buttered Noodles 1c. Tossed Salad W/Tomato 1 Breadstick Seasonal Fresh Fruit
9	10	11	12	13
Sweet & Sour Pork 1/2c. Rice 1/2c Broccoli & Cauliflower Blend 1 Wheat Bread Seasonal Fresh Fruit	Stuffed Pepper w/ Sauce 1/2c Garlic Whipped Potatoes 1/2c Carrots/Peas 1 White Bread 1/2c Peach Crisp	Turkey Chef Salad (2oz Turkey, 1oz Cheddar, over 1c Mixed Greens w/ Tomato) 1c Vegetable Soup w/ Crackers 1 Dinner Roll 1/2c Gelatin	Sloppy Joe Tater tots 1/2c Green Beans 1 Hamburger Bun Seasonal Fresh Fruit	Swiss Steak w/ 2oz Onion Gravy 1/2c Whipped Potatoes 1/2c Carrots 1 Wheat Bread 1/2c Blushed Pears
16	17	Birthday 18	19	20
Creamy Vegetable Lasagna .5oz Shredded Mozzarella 1c Tossed Salad 1 Garlic Breadstick 1/2c Peaches	Creamy Garlic Chicken Breast 1/2c Buttered Noodles 1/2c Roasted Brussel Sprouts 1 Wheat Bread 1/2c Mandarin Oranges	Baked Meatloaf w/ Gravy 1/2c Mashed Potatoes 1/2c Peas 1 White Bread Seasonal Fresh Fruit	Lemon Pepper Fish W/ Tarter 1/2c Rice Pilaf 1/2c California Blend Vegetables Dinner Roll 1/2c Gelatin	Creamy Parmesan Pork loin 1/2c Diced Redskin Potatoes 1/2c Green Beans 1 Dinner Roll 1/2c Pineapple Tidbits
23	24	25	26	Fall Party 27
Pasta & Meatballs (4) 1/2c Pasta w/ Marinara 1c Tossed Salad w/ Tomato 1 Garlic Breadstick 1/2c Mixed Fruit Salad	Cheese Omelet w/ Peppers, Onions 2 Sausage Patty 1 Hashbrown 1 English Muffin w/ Jelly 4oz Apple Juice	Grilled Chicken Caesar Salad 1c Mixed Greens (Diced Chicken Parmesan, Tomato, Croutons) 1c Cream of Broccoli Soup W/ Crackers Dinner Roll 1/2c Blushed Pears	Mango BBQ Chicken Breast 1/2c. Brown Rice 1/2c. Carrots Wheat Bread Fresh Orange	Country Fried Chicken w/ Gravy Baked Potato W/ Sour Cream 1/2c Mixed Vegetables Dinner Roll Boston Cream Pie
30				
Crab Cake w/ Tarter 1/2c White Rice 1/2c Island Blend Vegetables Wheat Bread 1/2c Cinnamon Applesauce				