



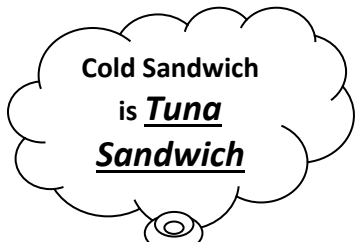


# Welcome to the McQuiston Center

\*\*Our fitness room has treadmills, exercise bikes, recumbent bikes, weights, and other equipment. We are the only Center in Mercer County with heated floors! \*\*

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Pre-Register by April 2<sup>nd</sup> if you want to color Easter eggs. Maximum allowed to color is 1 dozen. You must participate in the activity to receive the eggs.</i></p>	<p><b>1 <u>April Fool's Day!</u></b> 9:00 Shuffleboard 12:00 Lunch 12:30 500</p> 	<p><b>2 <u>BIRTHDAY \$4.00</u></b> 9:15 Inspirational Hour w/ Val 10:00 Seniorcise <b>11:00 Daisy Townsend Presents her new Book</b> 12:00 Lunch</p>	<p><b>3</b> 8:30-4:30 Walk 2 Win 9:30-12:00 Euchre Tournament 12:00 Lunch 12:30 Line Dancing</p>	<p><b>4 <u>Kraynaks's Trip</u></b> 9:00 Bus picks up for Trip 9:30 Arthriticize 10:30 Horse Racing 12:00 Lunch 1:00 Fitness Room 50/50</p>
<p><b>7</b> 10:00-10:45 Seniorcise 11:00 <u>Coloring Easter Eggs</u> (Cost: \$1.00/ ½ dozen) Must pre-register by April 2<sup>nd</sup> 12:00 Lunch 12:30 Bridge</p>	<p><b>8</b> 9:00 Shuffleboard 10:30 <u>Easter Prize Bingo \$3.00</u> 12:00 Lunch</p>  <p>12:30 500</p>	<p><b>9</b> 9:15 Inspirational Hour w/ Val 10:00 Seniorcise 12:00 Lunch 1:00 Wii Bowling</p>	<p><b>10</b> 8:30-4:30 Walk 2 Win 10:00 Line Dancing Tournament 12:00 Lunch</p>	<p><b>11</b> 10:00 Arthriticize 12:00 Lunch 12:30 Fitness Room</p>
<p><b>14 <u>BP Screening</u></b> 10:00 Seniorcise 11:00 Tom Hall "Arthritis" 12:00 Lunch 12:30 Bridge</p>	<p><b>1</b> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p><b>16</b> 9:15 Inspirational Hour w/ Val 10:00 Seniorcise <b>12:00 Lunch</b> <b>1:00 Wii Bowling</b></p>	<p><b>17 <u>EASTER PARTY \$4.00</u></b> 9:00-10:00 Breakfast Buffet 10:30-11:00 Pastor Ginny 11:30 Meet the Easter Bunny 12:30 Line Dancing <b>NO EUCHRE TODAY</b></p>	<p><b>18 CLOSED</b></p> 
<p><b>21</b> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p><b>22 <u>Sports Team Day-Save \$1</u></b> 9:00 Shuffleboard 11:00 Coin Bingo 12:00 Lunch 12:30 500 <i>Wear your favorite sports team logo shirt to receive \$1.00 off your meal!</i></p>	<p><b>23</b> 9:15 Inspirational Hour w/ Val 10:00 Seniorcise 11:00 Karaoke w/ Ken 12:00 Lunch 1:00 Wii Bowling</p>	<p><b>24</b> 8:30-4:30 Walk 2 Win 10:00 Line Dancing 12:00 Lunch 12:30 Euchre Tournament</p>	<p><b>25 <u>50/50 TODAY</u></b> 9:30 Arthriticize  10:30 50/50 12:00 Lunch</p>
<p><b>28</b> 10:00 Seniorcise 11:00 "Life &amp; Living Wills" w/ Kelly 12:00 Lunch 12:30 Bridge</p>	<p><b>29</b> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p><b>30 <u>Mismatch Day &amp; Save \$1.00</u></b> 9:15 Inspirational Hour w/ Val 10:00 Seniorcise 12:00 Lunch Wear mismatched clothes and save \$1.00 off your meal!</p>	<p>Don't forget to sign up for your next meal at the kiosk before you leave! We cannot guarantee a meal if you don't sign up!</p>	<p><b>Remember....20 times around the track=1 mile!</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
Please pre-register 2 business days ahead for your meal.	1 Country Fried Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Peach Crisp	2 <u>BIRTHDAY \$4.00</u> Cabbage Roll Casserole Garlic Whipped Potatoes Peas Dinner Roll Cake & Ice Cream	3 Cheese Omelet w/ Peppers, Onions Sausage Patty Hashbrown French Toast Stick Juice	4 Lasagna Deluxe Salad Garlic Breadstick Fresh Fruit of the Day
7 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll Fresh Fruit of the Day	8 Baked Meatloaf Mashed Potatoes w/ Gravy Corn White Bread Blushed Pears	9 Balsamic Chicken over Rice Island Vegetables Garlic Breadstick Pineapple Tidbits	10 Warm Ham & Cheese Sandwich Cream of Cauliflower Soup Blushed Pears	11 Baked Crab Cake Sandwich w/ Lettuce & Tomato Tomato Basil Soup Gelatin
14 Kielbasa on a Bun Homemade Halusky Brussel Sprouts Applesauce	15 Salisbury Steak Mashed Potatoes w/ Gravy Broccoli Dinner Roll Gelatin	16 Sloppy Joe Roasted Sweet Potatoes Cauliflower Fresh Fruit of the Day	17 <u>EASTER MEAL \$4.00</u> Sliced Ham w/ Pineapple Sauce Whipped Sweet Potatoes Island Blend Vegetables Dinner Roll Yummy Carrot Cake	18 <b>CLOSED</b>
21 Cheeseburger BBQ Buttered Beans Pickled Beets Orange	22 Open Faced Turkey Sandwich Whipped Potatoes w/ Chives Sweet Corn White Bread Fresh Fruit of the Day	23 Sweet Sausage w/ Pepper & Onions Buttered Noodles Green Beans Cookie	24 <u>Soup &amp; Salad</u> Turkey Chef Salad Vegetable Soup Dinner Roll Gelatin	25 Sweet & Sour Pork over Rice Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit of the Day
28 Chili w/ Cheddar Cheese Tossed Salad w/ Tomato Cornbread	29 Swedish Meatballs Buttered Noodles Peas Dinner Roll	30 Breaded Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fruit of the Day	Lunch is suggested donation of \$3.00. Please be sure to pre-register 2 business days ahead!	

**McQuiston Center**  
by the Park  
29 Railroad Street  
Sandy Lake  
Director: Shawna Breese

**APRIL 2025**



724-376-3608

Senior Center Hours:

Monday – Friday

8:30 – 4:30

