


# Welcome to The McQuiston Center!

Our inside track is a safe place to walk .... 20 times around=1 mile. Walk for your health!  
(\*\*Activities subject to change.)

Happy 4th Of July!!!  
*Let the freedom fought for us by the heroes of this country never be in vain. Let us all work hand in hand to protect it. God bless America and Happy 4<sup>th</sup> of July to all the beautiful people of this great nation!*

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Please be here by 11:45 to ensure your meal. If you need to cancel, please call by 11:00.</i>	1 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 {in Loving Memory of Carol Greggs}	2 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Birthday Fun w/ Karaoke	3 <u>4th of July \$4.00</u>  10:00- 3:00 Picnic @ Lake Wilhelm 10:00- <i>Basement Band</i> Lunch 11:15 (The center will be closed from 10:00-4:30)	4 <u>CLOSED</u> 
7 <u>Special Breakfast \$1.00</u> 8:30-9:30 Special Breakfast 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	8 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	9 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Wii Bowling	10 10:00 Line Dancing w/ Kay 10:30 Domino Club 12:00 Lunch 12:30 Euchre Tournament	11 9:30 Arthriticize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Wii Bowling
14 10:00 Seniorcise 10:00-11:00 B.P. Screening 11:00 Tom Hall 12:30 Bridge	15 <u>Waffles \$1.00</u> 8:30-9:30 Waffles 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	16 9:15 Inspirational Hour 10:00 Seniorcise <i>12:00 Lunch</i> <i>1:00 Wii Bowling</i>	17 10:00 Line Dancing w/ Kay 11:00 Hallmark Card Club 12:00 Lunch 1:00 Social Hour Outside	18 10:00 Arthriticsize 12:00 Lunch 1:00 Wii Bowling
21 10:00 Seniorcise <i>12:00 Lunch</i> 12:30 Bridge	22 <u>Special Breakfast</u> 8:30-9:30 Special Breakfast (\$1.00) 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	23 9:15 Inspirational Hour 10:00 Seniorcise 10:00:12:00 Free Eye Screening w/ Keystone 12:00 Lunch 1:00 Social Hour outside	24 10:00 Line Dancing w/ Kay 10:30 Domino Club 12:00 Lunch 12:30 Euchre Tournament	25 9:30 Arthrtiscize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Wii Bowling
28 10:00 Seniorcise <i>11:00 Socialize Hour outside w/ light snack</i> <i>12:00 Lunch</i> 12:30 Bridge Mercer County Area Agency on Aging, Inc.	29 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	30 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Uno	31 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Social Hour Outside	Special Breakfast donations are \$1.00, but you can give more if you can.

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The cold option of the month is <u>COLD MEATLOAF SANDWICH</u>. The cold sandwich is served with the sides of the day. Please notify staff when reserving.</i>	1 Stuffed Pepper Garlic Mashed Potatoes Coin Carrots White Bread Pudding	2 <u>BIRTHDAY \$4.00</u> Crispy Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Cake & Ice Cream	3 <u>4<sup>th</sup> Of July Picnic \$4.00</u> Hot Dog on the Grill Hashbrown Casserole Coleslaw Poke Cake w/ Topping PICNIC AT LAKE WILHELM	4  CLOSED
7 Popcorn Chicken Mashed Potatoes Corn Dinner Roll Fresh Fruit of the Day	8 BBQ Pulled Pork Sandwich Whipped Cheesy Potatoes Peas Pineapple & Mandarin Oranges	9 Sloppy Joe Roasted Sweet Potatoes Cauliflower Cookie	10 BBQ Pork Ribette Buttered Pasta Brussel Sprouts Pineapple Delight	11 Baked Meatloaf Mashed Potatoes w/ Gravy Corn White Bread Fresh Fruit of the Day
14 Chicken Alfredo over Buttered Noodles Lemon Pepper Broccoli Breadstick Pudding	15 Chicken Philly Cheesesteak Cream of Spinach Soup Coleslaw Gelatin	16 Cabbage Roll Casserole Garlic Whipped Potatoes Peas Dinner Roll Fresh Fruit of the Day	17 Sliced Ham w/ Pineapple Glaze Whipped Sweet Potatoes Peas Dinner Roll Cookie	18 Country Fried Chicken w/ White Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Peach Crisp
21 Korean Meatballs over White Rice Oriental Vegetables Wheat Bread Fresh Fruit of the Day	22 Cheese Omelet w/ Peppers & Onions Sausage Patty & Hashbrown French Toast Sticks w/ Syrup Juice Cup	23 Swiss Steak w/ Onion Gravy Mashed Potatoes Green Beans Wheat Bread Pineapple Delight	24 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll Fresh Fruit of the Day	25 Grilled Chicken Salad w/ Salad Dressing Cream of Broccoli Soup Dinner Roll Cookie
28 Balsamic Chicken Rice Island Vegetables Garlic Breadstick Pineapple Tidbits	29 Chicken, Spinach & Cranberry Salad w/ Dressing Vegetable Soup Breadstick Fresh Fruit of the Day	30 Baked Crab Cake Sandwich Tomato Basil Soup Gelatin	31 Lasagna w/ Sauce Deluxe Salad w/ Tomato & Salad Dressing Dinner Roll Cookie	Suggested donation for meal is \$3.00. We ask you to register 2 days in advance. No one will be denied a meal because of inability to donate.

McQuiston Center

by the Park  
29 Railroad Street  
Sandy Lake

July 2025



724-376-3608

Senior Center Hours:  
Monday – Friday  
8:30–4:30

