

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!

To all our Veterans.....Thank you for your service!

HAPPY 250 YEARS AMERICA!!!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Please be here by 11:45 to ensure your meal. If you need to cancel, please call by 10:00.</i></p>	<p><i>Special Breakfast donations are \$1.00, but you can give more if you can.</i></p>	<p>1 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Hey Joe Happy Birthday to our July Birthday people</p>	<p>2 <u>4th of July \$4.00</u> 10:00- 4:00 Picnic @ Lake Wilhelm (Marina Pavillion) (The center will be closed from 10:00-4:30) <i>Bottled water provided</i></p>	<p>3 <u>CLOSED</u> </p>
<p>6 <u>SAFE DRIVING CLASS</u> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge 12:30-4:30 SENIORS FOR SAFE DRIVING CLASS</p>	<p>7 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>8 <u>BP Screening</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <i>Orchard Manor Temporary Services Talk</i> 12:00 Lunch</p>	<p>9 10:00 Line Dancing 10:30 Domino Club 12:00 Lunch</p>	<p>10 9:30 Arthriticize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Wii Bowling</p>
<p>13 <u>WAFFLES</u> 8:30-9:30 Waffles 10:00 Seniorcise 12:30 Bridge</p>	<p>14 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>15 <u>Outside Cornhole</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <i>Cornhole Outdoors</i> 12:00 Lunch</p>	<p>16 10:00 Line Dancing 12:00 Lunch 1:00 Social Hour Outside</p>	<p>17 10:00 Arthriticsize 12:00 Lunch 1:00 Wii Bowling</p>
<p>20 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>21 <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</p>	<p>22 <u>PIE COOK-OFF</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Pie Judging (Pie's cannot be store bought) 12:00 Lunch <i>Have pie here by 10:30</i></p>	<p>23 10:00 Line Dancing 10:30 Domino Club 12:00 Lunch</p>	<p>24 9:30 Arthrtiscize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Wii Bowling</p>
<p>27 10:00 Seniorcise 11:00 <i>Socialize Hour outside w/ light snack</i> 12:00 Lunch 12:30 Bridge</p>	<p>28 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>29 <u>CRAZY HAT DAY</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch (Wear a crazy or Silly hat to receive \$1.00 off meal)</p>	<p>30 10:00 Line Dancing 12:00 Lunch 1:00 Social Hour Outside</p>	<p>31 10:00 Arthriticsize 12:00 Lunch 1:00 Wii Bowling</p>

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>The cold option of the month is <u>EGG SALAD SANDWICH</u>. The cold sandwich is served with the sides of the day. Please notify staff when reserving.</i>	HAPPY 250 YEARS AMERICA!!	1 <u>BIRTHDAY \$4.00</u> Chopped Beef Steak w/ Gravy Baked Potato Mixed Vegetables Wheat Bread Cookie	2 <u>4th Of July Picnic \$4.00</u> Cheeseburger Hashbrown Casserole Creamy Coleslaw Poke Cake w/ Topping PICNIC AT LAKE WILHELM	3 CLOSED 
6 Potato Crusted Pollock Sweet Corn & Red Pepper Macaroni & Cheese Stewed Tomatoes Wheat Bread & Fruit	7 Classic Penne w/ Meatballs Garden Tossed Salad Garlic Herb Breadstick Spiced Apples	8 Chicken Philly Hoagie Cream of Potato Soup Homestyle Coleslaw Cookie	9 Tender Roast beef w/ Gravy Mashed Potatoes Seasoned Carrots White Bread Spiced Peaches	10 Southwest taco Salad Seasoned Sweet Corn Tortilla Chips Sweet Pineapple Tidbits
13 Tortellini w/ Creamy Meat Sauce Garlic Green Beans Seasoned California Blend Sweet Diced Peaches Garlic Herb Breadstick	14 Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread Fruited Flavored Gelatin	15 Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots Wheat Bread Fresh Fruit	16 Chicken, Spinach & Cranberry Salad Creamy Cauliflower Soup Chocolate Pudding Dinner Roll	17 BBQ Pork Rib Sandwich Seasoned Sweet Corn Oven Roasted Brussel Sprouts Fresh Fruit of the Day
20 Chopped Beef Steak Haluski Seasoned Green Beans Wheat Bread Sweet Pineapple Tidbits	21 Oven Baked Potato w/ Chili & Cheese Garden Tossed Salad Fresh Baked Cornbread	22 Slow Roasted Pork Loin w/ Mushroom Sauce Steamed Brown Rice Seasoned Broccoli Fresh Fruit of the Day	23 Crispy Dill Chicken Sandwich Golden Roasted Potatoes Spiced Apples Homestyle Coleslaw	24 Baked Meatloaf Caramelized Onion Gravy Garlic Mashed Potatoes Seasoned Carrots Wheat Bread Fresh Fruit of the Day
27 Braised Beef Pot Roast Mashed Taters & Gravy Vegetable Medley White Bread Spiced Apples	28 Chef's Grilled Chicken Salad Cream of Broccoli Soup Dinner Roll Fruited Flavored Gelatin	29 Creamy Alfredo Pasta w/ Meatballs Peas & Onions Medley Garlic Herb Breadstick Fresh Fruit of the Day	30 General Tso's Chicken Fluffy Steamed Rice Broccoli w/ garlic Sweet Pineapple tidbits Cookie	31 Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Carrots Dinner Roll & Fresh Fruit

McQuiston Center

by the Park
29 Railroad Street
Sandy Lake

July 2026



Happy 4th of July

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

