

Welcome to The McQuiston Center!

We are the only Center in Mercer County with heated floors! Our inside track is a safe place to walk 20 times around=1 mile. Walk for your health!

**Our fitness room has treadmills, exercise bikes, recumbent bikes weights and other equipment. **

***Activities subject to change. ***



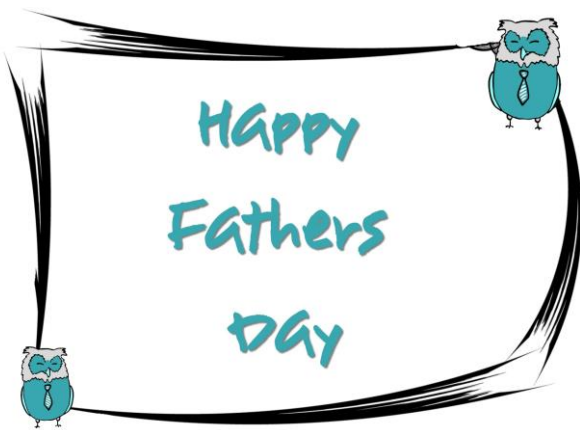
Shuffleboard
tournament is June 10th.
Come practice before
June 10th. Good Luck!

Monday	Tuesday	Wednesday	Thursday	Friday
2 <u>Special Breakfast \$1.00</u> 8:30-9:30 Special Breakfast 10:00 Seniorcise <i>12:00 Lunch</i> 12:30 Bridge <i>Senior Games Begins.....</i>	3 <u>Bahama Beach Day</u> 9:00 Shuffleboard <i>10:30 Coin Bingo</i> 12:00 Lunch 12:30 500 <i>Dress in your Bahama Beachwear and receive \$1.00 off your meal.</i>	4 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Basement Band 12:00 Lunch	5 10:00 Euchre Tournament 12:00 Lunch 12:30 Line Dancing w/ Kay	6 10:00 Arthritiscize 12:00 Lunch 12:30 Checkers Sign up by 12:00 today for the Father's Day meal!
9 10:00 Seniorcise 11:00 Speaker-Tom Hall 10:30-11:30 B.P. Screening 12:00 Lunch 12:30 Bridge	10 9:00-3:00 SUMMER GAME SHUFFLEBOARD (Must be pre-Registered) 11:30 Lunch 12:30- 500 CANCELLED	11 <u>Breese Bees</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 "Honeybees" presented by Jarrod Breese (Learn about honey and the work the bees do)	12 10:00 Line Dancing w/ Kay 10:30 Domino Club 12:00 Lunch 1:00 Exercise Room	13 <u>Father's Day \$4.00</u> 9:30 Arthritiscize 10:30 Father's Day SPECIAL Horse Racing (all dad's get 1 free card the FIRST round) 12:00 Lunch
16 <u>CRAZY HAT DAY</u> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge <i>Wear a crazy hat to receive \$1.00 off meal</i>	17 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	18 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Sharon Regional "Strengthening"	19 CLOSED (Juneteenth)	20 10:00 Arthirtiscize 12:00 Lunch 2:00-3:00 Social Hour Outside
23 <u>Wii Bowling Today</u> 10:00 Seniorcise Begins @ 11:00 WII Bowling Tournament 12:30 Bridge	24 <u>WAFFLES \$1.00</u> 8:30-9:30 Waffles 9:00 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500	25 <u>Polka Dot Day</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch <i>Wear Polka dots to receive \$1.00 off meal</i>	26 10:00 Line Dancing w/ Kay 12:30 Euchre Tournament 10:30 Domino Club 12:00 Lunch <i>Pre-Register for 4th of July meal by 12:00 today!</i>	27 <i>9:30 Arthritiscize</i> 10:30 Horse Racing 12:00 Lunch 12:30 Checkers
30 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	July 1) 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	July 2) <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Karaoke 12:00 Lunch	3) <u><i>Picnic @ Lake Wilhelm</i></u> <i>**Don't forget to pre-register for our 4th of July meal coming up by June 26th at 12:00**</i>	4 <u>CLOSED July 4th</u> <i>All active dad members get a free meal at our Father's Day meal!</i>

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Meatloaf w/ Gravy Mashed Potatoes Corn White Bread Fresh Fruit of the Day	3 Balsamic Chicken Rice Island Vegetables Garlic Breadstick Pineapple Tidbits	4 <u>BIRTHDAY \$4.00</u> Kielbasa on a Bun Homemade Haluski Brussel Sprouts Fresh Fruit of the Day	5 Baked Crab Cake Sandwich w/ Lettuce & Tomato Tomato Basil Soup Mixed Fruit	6 Lasagna Deluxe Salad Dinner Roll Fresh Fruit of the Day <u>Sign up by 12:00 today for Father's Day</u>
9 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Dinner Roll Blushed Pears	10 {Must pre-register by June 3 rd } BOXED LUNCHES ONLY Non-Players cost: \$5.00	11 Chili w/ Cheddar Cheese Tossed Salad Cornbread Warm Applesauce	12 Cheeseburger BBQ Buttered Beans Tossed Salad w/ Tomato Mandarin Oranges	14 <u>Father's Day \$4.00</u> Pot Roast w/ Gravy Baked Potato Peas Dinner Roll Apple Pie Al a Mode
16 Open Faced Turkey Sandwich Mashed Potatoes Sweet Corn White Bread Cookie	17 Sweet Sausage w/ Peppers & Onions Buttered Noodles Green Beans Blushed Pears	18 Swedish Meatballs over Buttered Noodles Peas Dinner Roll Fresh Fruit of the Day	19 CLOSED (Juneteenth)	20 Taco Salad over Tortilla Chips Tortilla Soup Pineapple
23 Sweet & Sour Pork over Rice Broccoli & Cauliflower Wheat Bread Fresh Fruit of the Day	24 Sloppy Joe Roasted Sweet Potatoes Cauliflower Cookie	25 Breaded Fish Sandwich Macaroni & Cheese Stewed Tomatoes Fresh Fruit of the Day	26 Pasta & Meatballs Tossed Salad Garlic Breadstick Mixed Fruit Salad	27 Turkey Chef Salad Vegetable Soup Dinner Roll Fresh Fruit of the Day
30 Pork Loin w/ Creamy Mushroom Gravy Rice Broccoli Dinner Roll Cookie	**Please be here by 11:45 for lunch. If you are going to be late, please call! **	<i>Cold option of the month is Turkey & Cheese sandwich. The cold sandwich is served with the sides of the day. Please notify staff when reserving, please!</i>	DON'T FORGET TO SIGN UP FOR THE 4TH OF JULY MEAL BY 12:00 JUNE 26TH!	Please be here by 11:45 for lunch. If you are not here we reserve the right to give your meal to someone who is here.

McQuiston Center
by the Park
 29 Railroad Street
 Sandy Lake

June 2025



724-376-3608

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

