

# 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. \*\**

# Happy St. Patrick's Day!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	<b>3</b> 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	<b>4</b> <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00-10:45 Seniorcise 11:00 <i>Lakes of Jefferson Prize Bingo (free)</i> 12:00 Lunch	<b>5</b> <u>Property/ Rent Rebate</u> 9-12 PROPERTY/ RENT REBATE 10:00 Line Dancing w/ Kay 12:00 Lunch	<b>6</b> 9:30 Arthritiscize 10:30 <b>Horse Racing</b> 12:00 Lunch 12:30 Exercise Room
<b>9</b> <u>COOKIE COOK-OFF</u> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge <i>Bring 6 cookies on a plate brought in by 10:45. You may bring more on a separate plate to share.</i>	<b>10</b> 9:00 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500 Sign up by 12:00 today for St. Patty's Day meal**	<b>11</b> <u>Special Breakfast (\$1.00)</u> 8:30-9:30 <i>Special Breakfast</i> 10:00 Seniorcise 11:00 Inspirational Hour 12:00 Lunch	<b>12</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Checkers	<b>13</b> 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room
<b>16</b> 10:00 Seniorcise 11:00 Jeopardy w/ the Dairy Princess 12:00 Lunch 12:30 Bridge	<b>17</b> <u>St. Patty's Day \$4.00</u> 9:00 Shuffleboard 10:30-11:30 St. Patty's Day PRIZE Bingo (free) 12:00 Lunch 12:30 500      Wear Green	<b>18</b> <u>FLANNEL DAY!</u> 10:00 Seniorcise 11:00 Inspirational Hour 12:00 Lunch 1:00 Exercise <i>Wear your flannel and receive \$1.00 off your meal!</i>	<b>19</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Walk 4 UR Health	<b>20</b> <u>1<sup>st</sup> day of Spring</u> 9:30 Arthritiscize 10:30 <b>Horse Racing</b> 12:00 Lunch
<b>23</b> <u>Checkers</u> 10:00 Seniorcise 11:00 CHECKERS (come have fun with a game of checkers) 12:00 Lunch 12:30 Bridge	<b>24</b> <u>WAFFLES (free)</u> 8:30-9:30 Waffles 9:30 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500	<b>25</b> <u>Puzzle Tournament</u>  10:15 <i>Puzzle Tournament</i> (must pre-register) 12:00 Lunch	<b>26</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room <i>Sign up by 12:00 today for the Easter Meal</i>	<b>27</b> 10:00 Arthritiscize 12:00 Lunch 1:00 Walk 4 UR Health
<b>30</b> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	Please be sure to sign up for the St. Patty's Day Meal by March 10 <sup>th</sup> at 12:00	Don't forget to pre-register 2 businesses days ahead for a meal. And 1 week prior to a special meal	<i>*If You attend the Birthday Party for the month of your birthday, your meal is free! *</i>	May you find your pot of gold at the end of the rainbow!
<i>Mercer County Area Agency on Aging, Inc. 724-662-6222    Mercer County Community Transit 1-800-222-8797</i>				

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Fresh Fruit of the Day	3 Grilled Chili Dog Roasted Sweet Potatoes Peas Pineapple & Mandarin Oranges	4 <u><b>BIRTHDAY \$4.00</b></u> Roast Beef Mashed Potatoes w/ Gravy Carrots Whole Wheat Bread Cake & Ice Cream	5 Bowl of Chili with Side Salad & Tomato Slice Cornbread Fresh Fruit of the Day	6 Fish Sandwich Coleslaw Mac & Cheese Fresh Fruit of the Day
9 Turkey w/ Provolone Sandwich Corn Chowder Fresh Fruit of the Day	10 Swedish Meatballs Buttered Pasta Green Peas Breadstick Fruited Gelatin	11 Bacon Cheeseburger Cauliflower Soup Fresh Fruit of the Day	12 Chicken Taco Salad Elote Corn Rice Pineapple	13 Cheese Omelet Sausage Links Breakfast Potatoes English Muffin & Juice
16 Chicken Paprikash over Rice Brussel Sprouts Wheat Bread Cookie	17 <u><b>ST. Patty's Day Meal \$4.00</b></u> Kielbasa w/ Kraut Cheesy Potato Casserole California Blend Vegetables Green Jello w/ Topping	18 Sloppy Joe Green Beans Tator Tots Fresh Fruit of the Day	19 Roasted Honey Garlic Pork Steamed Broccoli Rice Fruited Jello Dinner Roll	20 Pizza Casserole Tossed Salad w/ Cucumber & Tomato Breadstick Applesauce
23 Meatloaf Mashed potatoes & Gravy Carrots Whole Wheat Bread Blushed Pears	24 Stuffed Pepper w/ Tomato Sauce Garlic Whipped Potatoes Carrots White Bread Pudding	25 Pasta & Meatballs Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit	26 Salisbury Steak Whipped Potatoes w/ Gravy Peas Dinner Roll Jello	27 Baked Crab Cake Buttered Noodles Green Beans Spiced Fruit
30 Cheeseburger Tator Tots Tossed Salad Baked Pineapple	31 <u><b>Mildly Spicy Meal</b></u> General Tso's Chicken over Rice Garlic Broccoli Mandarin Oranges	Sign up by March 10 <sup>th</sup> by 12:00 for a St. Patrick's Day Meal	Cold Sandwich this month is <u><b>Egg Salad Sandwich.</b></u> Side dishes are still included. Please notify staff when making your reservation	<i>If you need to cancel a meal, please call by 10:00 and let us know.</i>

# McQuiston Center

*by the Park*  
29 Railroad Street  
Sandy Lake

## MARCH 2026



724-376-3608

Senior Center Hours:

Monday – Friday

8:30 – 4:30

