Welcome to The McQuiston Center!

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*.)

To our veterans,
Thank you for your service!

Happy Thanksgiving to you and your family!

	Tuesday	Wednesday	Thursday	Friday
2 **10:00 Seniorcise** ***12:00 Lunch*** **12:30 Bridge** *Sign up by 12:00 for Veteran's Day Meal*	**3** **9:00 Shuffleboard** **10:30 Coin Bingo** **12:00 Lunch** **12:30 500**	**4** ***$4.00 B-Day Party*** **9:15 Inspirational Hour** **10:00 Seniorcise** 11:00 Dan Hogan *Presents Trumpet w/ songs*	**5** **10:00-12:00 Line Dancing** **10:30 Domino Club** **12:00 Lunch** **1:00 Fitness Room**	**6** **9:30 Arthritiscize** **10:30 *Horse Racing*** **12:00 Lunch** **50/50**
9 **Seniors 4 Safe Driving** **10:00 Seniorcise** ***12:00 Lunch*** **12:30 Bridge** **12:30-4:30 Seniors 4 Safe Driving Class**	**10 Veteran's Party $4.00** 8:30-9:30 Free Breakfast to Veterans **11:00 Madison Ruppert Program "Singing for America's Veterans"**	**11** 	**12** **10:00-12:00 Line Dancing** **12:00 Lunch** **1:00 Exercise Room**	**13** **9:30 Arthritiscize** **10:30 Horse Racing** **12:00 Lunch** ***Please sign up by 12:00 today for the Thanksgiving meal!*** ***50/50***
16 **10:00 Seniorcise** ***12:00 Lunch*** **12:30 Bridge** **1:00 Wii Bowling**	**17** **Waffles** **8:3-9:30 Waffles** **9:00 Shuffleboard** **10:00 Euchre** **12:00 Lunch** **12:30 500**	**18** **9:15 Inspirational Hour** **10:00 Seniorcise** **11:00 Disney Princess "Dairy Bingo"** w/ Ice Cream	**19** **10:00-12:00 Line Dancing** **10;00 Domino Club** **12:00 Lunch**	**20** **3rd Annual Auction & Thanksgiving Meal $4.00** **8:30 Auction begins** ***All sales are final!*** **Payment: Cash or Check**
23 **Pancake Breakfast $1.00** **8:30-9:30 Pancake Breakfast** **10:00 Seniorcise** ***12:00 Lunch*** **12:30 Bridge**	**24** **9:00 Shuffleboard** **10:30 Coin Bingo** **12:00 Lunch** **12:30 500 Snack Party!** (bring a light snack for everyone to share) *A table will be set up for the snacks*	**25** **FLANNEL DAY** **9:15 Inspirational Hour** **10:00 Seniorcise** **12:00 Lunch** **1:00 Wii Bowling** ***Wear your flannel to receive $1.00 off meal.***	**26** **CLOSED** 	**27** **C LOSED** 
30 *Christmas* **CRAFT w/ VAL** **10:00 Seniorcise** **10:30 Craft w/ Val (free)** ***12:00 Lunch*** **12:30 Bridge**	**As always, our Veteran's receive a free breakfast & lunch on November 10th.**	**Thank you to all our Veteran's for your service! We love you!**	***Don't forget to pre-register for Veteran's & Thanksgiving Meal at least 1 week prior.***	**December 1st- Field Trip to Daffins & Bob Evans** **December 11th- Field trip to Kraynaks & Wendy's**

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
2 Winter Beef Stew Honey lazed Carrots Cheesy Herbed Rice Pilaf Orange	**3** Crispy Chicken Cutlet w/ Pan Gravy Brussel Sprouts Buttered Parsley Pasta Fruit Medley	**4** <u>$4.00 Birthday</u> Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Broccoli Dinner Roll & an Apple	**5** Roasted Turkey Chef Salad Italian Wedding Soup Wheat Bread Orange Juice	**6** Breakfast Omelet Herbed Breakfast Potatoes Mandarin Oranges Buttery Biscuit
9 Classic Cheeseburger Golden Roasted Potatoes Seasoned Cauliflower Banana	**10** <u>Veteran's Meal $4.00</u> Braised Beef Pot Roast w/ Pan Gravy Baked Potato Vegetable Medley Dinner Roll & Apple Pie	**11** 	**12** Chopped Beef Steak w/ Pan Gravy Buttered Rotini Pasta Brussel Sprouts Diced Pears	**13** Chef's Grilled Chicken Salad Cream of Broccoli Soup Flavored Gelatin Wheat Bread
16 Sesame Orange Chicken over Vegetable Fried Rice Garlic Green Beans Orange & a Cookie	**17** Creamy Chicken Salad Marinated Tomato & Cucumber Salad Macaroni Salad Apple	**18** Sloppy Joe Winter Blend Vegetables Golden Roasted Potatoes	**19** Ham w/ BBQ Glaze Seasoned Green Peas Homestyle Coleslaw Spiced Apples	**20** <u>Thanksgiving Meal $4.00</u> Turkey w/ Stuffing Whipped Potatoes w/ Chives Sweet Corn Dinner Roll Pumpkin Pie w/ Topping <u>**Today is the Auction!**</u>
23 Swedish Meatballs in Cream Sauce Buttered Parsley Pasta Seasoned Cauliflower Fruit Medley	**24** Hot Dog Cheddar Cheese Potatoes Seasoned Green Peas Orange	**25** Grilled Chicken Cacciatore Parmesan Garlic Broccoli Buttered Parsley Pasta Banana	**26** CLOSED 	**27** CLOSED 
30 Meatballs Parmesan Buttered Parsley Penne Pasta Seasoned Broccoli Sweet Pineapple Tidbits	***I am thankful for each and every one of you. I am thankful that we have a wonderful place to come to and socialize. And I am thankful that we live in a wonderful country! -Shawna***	***Be thankful for everything you have. Even if you feel you don't have much, there is always someone who would love to have the smallest thing you have.***	**Suggested donation for meal is $3.00. We ask you to register 2 business days in advance.**	***The cold option of the month is <u>Bologna & CHEESE SANDWICH</u>. The cold sandwich is served with the sides of the day. Please notify staff when reserving.***

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

November 2026



724-376-3608

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

MERCER COUNTY AREA AGENCY ON AGING, INC.
APRIL 1, 1976