


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



Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 <u>McQuistonator</u> <u>Breakfast Sandwich</u> <u>\$1.00 (8:30-9:30)</u> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	3 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 HEY JOE ENTERTAINMENT 1:00 Fitness Room	4 10:00-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Fitness Room Walk 10 + laps today & receive 50/50 ticket	5 9:00 Movie & Popcorn 10:30 Arthritiscize 12:00 Lunch 1:00 Fitness Room
8 <u>BP Screening Today</u> 12:00 Lunch 11:00 Tom Hall 12:30 Bridge <i>B.P. Screening in the A.M.</i>	9 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	10 <u>Volunteer Appreciation Day</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Cake & Thank You's to Volunteers	11 10:00-12:00 Line Dancing 12:00 Lunch 1:00 Fitness Room Walk 10+ laps today and receive any food item	12 <u>50/50</u> 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Fitness Room
15 10:00 Seniorcise 1:00 Lunch 12:30 Bridge	16 <u>Waffles</u> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	17 9:15 Inspirational Hour 10:00 Seniorcise <i>12:00 Lunch</i>	18 10:00-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Social Hour Outside	19 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room
22 <u>Special Breakfast</u> {Eggs, Bacon, Toast, & Juice/Coffee=\$1.00} 8:30-9:30 Special Breakfast 10:00 Seniorcise <i>12:00 Lunch</i> 12:30 Bridge	23 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	24 <u>Speaker & Popcorn</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 SHS "Fall Risk" Speaker & Popcorn 12:00 Lunch 1:00 Social Hour outside	25 10:00-12:00 Line Dancing 11:00 Hallmark Card Club 12:00 Lunch 1:00 Fitness Room Walk 10+ laps today & receive any food item	26 <u>Fall Party \$4.00</u> 9:00-11:00 Cider & Donuts (or until we run out) 9:00-11:00 HORSE RACING 12:00 Lunch *No Arthritiscize Today* 50/50
29 <u>G.C. Outlet Mall Trip</u> 10:00 Seniorcise <i>10:00 Bus leaves Center (Must pre-register) Returns 2:00</i> <i>12:00 Lunch</i> 12:30 Bridge	30 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	Volunteer Appreciation Day is September 10 th ... Join us for cake and a special thank you to our volunteers that make our center what it is!	Thank you to all our volunteers. You make this center what it is. We couldn't do it with you!	Special Breakfast donations are \$1.00, but you can give more if you are able. They are served from 8:30-9:30.
Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797				

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 CLOSED 	2 Korean Meatballs over White Rice Oriental Vegetables Wheat Bread Fresh Fruit of the Day	3 <u>BIRTHDAY \$4.00</u> Chicken Alfredo over Buttered Noodles Lemon Pepper Broccoli Breadstick Cake & Ice Cream	4 Chicken Philly Cheesesteak Sandwich Coleslaw Gelatin	5 Swiss Steak w/ Onion Gravy Mashed Potatoes Green Beans Wheat Bread Pineapple Delight
8 Sliced Ham w/ Pineapple Glaze Peas Dinner Roll Cookie	9 Cheeseburger BBQ Buttered Beans Tossed Salad w/ Tomato Peach Crisp	10 <u>Volunteer Appr. Day</u> Cabbage Roll Casserole Garlic Whipped Potatoes Carrots Dinner Roll Fresh Fruit of the Day	11 Cheese Omelet w/ Peppers & Onions 2 Sausage Patties Hashbrown 3 French Toast Sticks w/ Syrup Juice Cup	12 Grilled Chicken Salad w/ Dressing Cream of Broccoli Soup Dinner Roll Fruited Gelatin
15 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll Fresh Fruit of the Day	16 Baked Meatloaf w/ Gravy Mashed Potatoes & Gravy Warm Beets White Bread Fresh Fruit of the Day	17 Balsamic Chicken over Rice Island Vegetables Garlic Breadstick Pineapple Tidbits	18 Sloppy Joe Roasted Sweet Potatoes Cauliflower Cookie	19 Baked Crab Cake Sandwich w/ Lettuce & Tomato Tomato Basil Soup Gelatin
22 Lasagna w/ Sauce Deluxe Side Salad Garlic Breadstick Cookie	23 Salisbury Steak w/ Gravy Mashed Potatoes & Gravy Broccoli Dinner Roll Gelatin	24 <u>Speaker & Popcorn</u> Ham Sandwich Cream of Cauliflower Soup Blushed Pears	25 Kielbasa Sandwich Homemade Haluski Brussel Sprouts Applesauce	26 <u>FALL PARTY \$4.00</u> Country Fried Chicken w/ White Gravy Mashed Potatoes & Gravy Mixed Vegetables Wheat Bread Boston Cream Pie
29 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn Cookie	30 Sweet Sausage Sandwich w/ Peppers & Onions Buttered Noodles Green Beans Fresh Fruit of the Day	When coming for lunch, please arrive by 11:45. If you are going to be late or need to cancel your meal, please be courteous and call us immediately so we can offer your meal to someone else.	<u>The COLD OPTION of the month is EGG Salad Sandwich.</u> <i>The cold sandwich is served with the sides of the day. Please notify staff when reserving.</i>	Suggested donation for meal is \$3.00. We ask you to register 2 days in advance. Special Meals \$4.00 & please register at least 7 days in advance.

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

September 2025



Director: Shawna Breese

724-376-3608

Senior Center Hours:

Monday – Friday
8:30–4:30



