

Shenango Valley Senior Center

March 2026

Happy Birthday Marsha Linville, Ed Derr, Debra Mitchell, Rebecca Guseman, Terrence Jones, Serena Nevant, Russell Hensley, Margaret Bosnjak, Benny Gilson, Eileen Murphy, Ida Sculthorpe, Linda Stewart, Melanie Gregory, Pam Hauger, Marian Laird, Carol Kocis, Patricia Skiff, Kathleen Rosa, Peter Williams, Carol Christman, Emily King, Karen Lindsey, David Parquette, Gerald King, Saundra Makara, and Vickie Gardlock

March 3rd – Attorney Hartle **“Beware of scams focusing on seniors!”**

March 4th – Jessica Korab from Caretenders

March 5th – Prize Bingo with Tammy Lininger from St. Paul’s

March 5th - Wellness Support with Noreen Sokolak

March 6th – Music: Greg Vanderveen

March 9th – Prize Bingo with Tracy Rose from the Lakes of Jefferson

March 10th – Learn how to work air dry clay

March 10th – Department of Health “Tick and Lime Disease”

March 11th – Coffee Chat with Mande from Amedsys

March 12th – Prize Bingo with Kavon Wright from Highmark Wholecare

March 17th – Leprechaun Bingo

March 17th – Music: Hey Joe

March 18th – Center Council Meeting

March 19th - Prize Bingo with Rachel from Concord

March 19th – Rent Rebate Clinic in the Seminar Room sponsored by Senator Michele Brooks

March 23rd – Cindy Durst from Primary Health speaks

March 24th – Learn how to work air dry clay

March 24th – Nutrition education with Robin

March 25th - Robert McGoff from Seniors Helping

March 26th - Prize Bingo with Julia Toth from Quality Life Services

March 30th – Ron Moore from Aetna Speaks

Seniors “Name that Tune”

March 31st – Kelly Bianco from the Life Program speaks

Turn clocks ahead March 8th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis - Advanced 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	3 9:00 Breakfast 9:00 Total Body Fitness 9:30 Craft 10:00 Sculpt & Strengthen 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginner	4 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 10:00 Cooking with Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	5 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Wellness Support 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginner	6 Happy Birthday Party  9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge
9 9:00 Breakfast 9:00 Bingocize 10:00 Tai Chi for Arthritis – Advanced 10:00 Educational Prize Bingo 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	10 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay Work with Rosemary 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:30 Ultra Bingo 1:30 Tai Chi for Arthritis Beginner	11 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	12 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginner	13 9:00 Breakfast 9:30 Arthritis Exercise with Robin 10:30 Chair Hockey in the Multi-Purpose room 1:00 Line Dance 1:00 Attic Treasure in the Lounge
16 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	17 St. Patrick’s Day Party 9:00 Breakfast 9:00 Total Body Fitness 9:30 Leprechaun Bingo 10:00 Sculpt & Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginner	18 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 10:00 Cooking with Sherry 11:00 Zumba 11:00 Center Council Meeting 12:30 Chair Zumba 1-4 Me Again Boutique 1:30 Arthritis Exercise 1:30 Art Group	19 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1-4 Rent Rebate Clinic 1:30 Tai Chi for Arthritis Beginner	20 9:00 Breakfast 9:30 Arthritis Exercise with Robin 10:30 Corn Hole in the Multi-Purpose room 1:00 Line Dance 1:00 Attic Treasure in the Lounge <p style="text-align: center;">1st Day of Spring</p>
23 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	24 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay Work with Rosemary 10:00 Sculpt & Strengthen 11:00 Nutrition Education w/Robin 11:00 Trim n Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginner	25 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Speaker 11:00 Therapy dogs in the TV room 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	26 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginner	27 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Coloring Easter Eggs 1:00 Line Dance 1:00 Attic Treasure in the Lounge
30 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	31 9:00 Breakfast 9:00 Total Body Fitness 10:00 Easter Egg Hunt 10:00 Sculpt & Strengthen 10:30 Speaker 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis - Beginners		<p style="text-align: center;">Mercer County Area Agency on Aging, Inc.</p> <p style="text-align: center;">133 N. Pitt Street, Mercer 724-662-6222</p>	

Cold Meal Option: Egg Salad, Side & Dessert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Open Faced Hot Turkey Whipped Potatoes/Gravy Corn White Bread w/butter Fresh Fruit	3 Stadium Hot Dog on a Bun With Chili Sauce Roasted Sweet Potatoes Peas Pineapple & Mandarin Oranges	4 Roast Beef Mashed Potatoes w/Gravy Carrots Wheat Bread w/butter Fresh Fruit	5 Chili w/cheese Tossed Salad w/ Tomato Cornbread Fresh Fruit	6 <i>Birthday Party \$4.00</i> Fish Sandwich (Bun) Tartar Sauce Macaroni & Cheese Coleslaw Fresh Fruit Cake Ice Cream
9 Turkey & Provolone on a bun Lettuce & Tomato Corn Chowder w/ Crackers Fresh Fruit	10 Swedish Meatballs Buttered Pasta Peas Breadstick Fruited Gelatin Last Day to Order for St. Pat's Party	11 Bacon Cheeseburger Creamy Cauliflower Soup Crackers Fresh Fruit	12 Chicken Taco Salad Rice Corn Pineapple	13 Cheese Omelet Sausage Links Breakfast Potatoes French Toast Sticks Syrup Juice
16 Chicken Paprikash w/ Creamy Tomato Sauce Rice Brussel Sprouts Wheat Bread w/butter Cookie	17 <i>St. Patrick Day Party \$4.00</i> Kielbasa w/ Kraut Cheesy Potato Casserole California Blend Vegetables Hot Dog Bun Green Gelatin w/ Topping	18 Sloppy Joe on a bun Tator Tots Green Beans Fresh Fruit	19 Roasted Honey Garlic Pork Loin Rice Steamed Broccoli Dinner Roll w/butter Fruited Gelatin	20 Pizza Casserole Tossed Salad w/ Tomato & Cucumber Breadstick Applesauce
23 Meatloaf Mashed Potatoes w/Gravy Carrots Wheat Bread w/butter Blushed Pears	24 Stuffed Pepper Garlic Whipped Potatoes Carrots White Bread w/butter Pudding	25 Pasta & Meatballs Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit	26 Salisbury Steak Whipped Potatoes/Gravy Peas Dinner Roll w/butter Gelatin	27 Crab Cake on a bun Tartar Sauce Buttered Noodles Green Beans Spiced Fruit
30 Cheeseburger on a bun Tator Tots Tossed Salad w/ Tomato Baked Pineapple	31 General Tso's Chicken Rice Garlic Broccoli Mandarin Oranges	PLEASE BE HERE BY 11:30 TO RESERVE YOUR LUNCH. IF YOU NEED TO CANCEL, PLEASE CALL US SO WE CAN OFFER YOUR LUNCH TO ANOTHER SENIOR IN THE BUILDING. THANK YOU.	DAILY MENUS ARE SUBJECT TO CHANGE. ALL MENUS MEET OR EXCEED 1/3 OF THE DAILY RECOMMENDED ALLOWANCE FOR OLDER ADULTS. DAILY MENU INCLUDES 8 OZ. MILK	Meatless Fridays during Lent, 

MARCH 2026



SENIOR CENTER HOURS:
MONDAY-FRIDAY
8:30 AM-4:30 PM
CLOSED WEEKEND'S
AND HOLIDAYS

PLEASE ALLOW 2 BUSINESS
DAY
NOTICE BY 2PM TO
RESERVE A LUNCH

WE ASK THAT ALL PARTY
RESERVATIONS BE PREPAID
& ORDERED
ONE WEEK IN ADVANCE

NO ONE WILL BE DENIED
A MEAL BECAUSE OF INABIL-
ITY TO MAKE A DONATION.

ROBIN JAMES BESHRO,
SENIOR CENTER DIRECTOR