


Welcome to the McQuiston Center

**Our fitness room has treadmills, exercise bikes, recumbent bikes, weights, and other equipment. We are the only Center in Mercer County with heated floors! **

**Activities subject to change. **

Happy Easter!

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Easter Buffet Brunch- Scrambled eggs, Bacon, Sausage, Pancakes, French Toast, Cottage Cheese, Fruit Bar, Asst. Muffins & much more.</i></p>	<p>April 9th- 3:00-6:00---Open House! Come support your center! Beverages and snacks will be provided.</p>	<p>1 <u>Birthday \$4.00</u> 9:00 Shuffleboard 11:00 Basement Band 12:00 Lunch 12:30 500 Happy Birthday to our April Birthday's!</p>	<p>2 <u>Easter Party \$4.00</u> 9:30 Easter Message w/ Pastor Ginny 10-11 Easter Brunch Buffet 12:30 Line Dancing A visit from the Easter Bunny Buffet -\$2.00 (if on for a meal), \$3.00 if not, and \$5.00 non- members</p>	<p>4 <u>CLOSED</u> </p>
<p>6 10:00-10:45 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>7 9:00 Shuffleboard 10:30 Easter Coin Bingo 12:00 Lunch 12:30 500</p>	<p>8 <u>Team Spirit Day/ Tornado Drill & Q& A</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 TORNADO DRILL 12:00 Lunch Wear your favorite Team Shirt</p>	<p>9 <u>Open House Night</u> 10:00 Line Dancing 12:00 Lunch 3:00-6:00 OPEN HOUSE (come & support your center)</p>	<p>10 10:00 Arthritiscize 12:00 Lunch 12:30 Fitness Room</p>
<p>13 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>14 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>15 <u>TORNADO DRILL</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Wii Bowling</p>	<p>16 10:00 Line Dancing 12:00 Lunch 1:00 Fitness Room</p>	<p>17 10:00 Arthritiscize 12:00 Lunch 12:30 Fitness Room</p>
<p>20 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>21 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>22 <u>Lakes of Jefferson</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Social Hour w/ lakes of Jefferson (cookies will be served...yum) 12:00 Lunch 1:00 Wii Bowling</p>	<p>23 10:00 Line Dancing 12:00 Lunch 1:00 Fitness Room</p>	<p>24 <u>50/50 TODAY</u> 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch</p>
<p>27 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>28 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>29 <u>Mismatch Day & Save \$1.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch Wear mismatched clothes and save \$1.00 off your meal!</p>	<p>30 10:00 Line Dancing 12:00 Lunch 1:00 Fitness Room</p>	<p>Don't forget to sign up for your next meal at the kiosk before you leave! We cannot guarantee a meal if you don't sign up!</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Please pre-register 2 business days ahead for your meal.	Lunch is suggested donation of \$3.00. Please be sure to pre-register 2 business days ahead!	1 <u>BIRTHDAY \$4.00</u> Pasta & Meatballs Tossed Salad w/ Tomato Garlic Bread Stick Cake & Ice Cream	2 <u>Easter Meal \$4.00</u> Sliced Ham w/ Pineapple Baked Sweet Potato Island Blend Vegetables Dinner Roll & Carrot Cake	2 CLOSED 
6 Tortellini w/ Sauce Garlic Green beans Seasoned California Blend Garlic Herb Breadstick Sweet Diced Peaches	7 Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread & Gelatin	8 Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread & Fresh Fruit	9 Chicken, Spinach & Cranberry Salad Cauliflower Soup Dinner Roll Chocolate Pudding	10 BBQ Pork Rib Sandwich Seasoned Sweet Corn Oven Roasted Brussel Sprouts Fresh Fruit
13 Slow Roasted Beef Pork Loin w/ Mashed Potatoes Steamed Brown Rice Seasoned Broccoli Fresh Fruit	14 Homemade Chili w/ Cheese over Baked Potato Garden Tossed Salad Fresh Baked Cornbread	15 Chopped Beef Steak w/ Gravy Haluski Seasoned Green Beans Sweet Pineapple Tidbits Wheat Bread	16 Crispy Dill Chicken Sandwich Golden Roasted Potatoes Homestyle Coleslaw Warm Sliced Apples	17 Baked Meatloaf w/ Caramelized Onion Gravy Garlic Mashed Potatoes Seasoned Carrots Wheat Bread & Fresh fruit
20 Braised Beef Pot Roast Mashed Potatoes & Gravy Vegetable Medley White Bread Warm Spiced Apples	21 Chef's Grilled Chicken Salad Cream of Broccoli Soup Dinner Roll	22 Crissy General Tso's Chicken Fluffy Steamed Rice Broccoli w/ Garlic Sweet Pineapple Tidbits Warm Fesh Baked Cookie	23 Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Carrots Dinner Roll & Fresh Fruit	24 Classic Penne w/ Meatballs Peas & Pearl Onions Garlic Breadstick Fresh Fruit
27 Savory Farmhouse Omelet Herb Breakfast Potatoes Warm Spiced Pears Buttery Warm Biscuit	28 Ham w/ BBQ Glaze Seasoned Green Beans Warm Spiced Apples Homestyle Coleslaw	29 Crispy Chicken Cutlet Mashed Potatoes w/ Pan Grav Oven Roasted Brussel Sprouts Wheat Bread & Fruit Medley	30 Pepper Steak w/ Onions & Peppers, Baked Potato Seasoned Carrots Wheat Bread & Fruited Gelatin	 Cold Sandwich is <u>Tuna</u> <u>Sandwich</u>

McQuiston Center
by the Park
29 Railroad Street
Sandy Lake
Director: Shawna Breese

APRIL 2026



724-376-3608

Senior Center Hours:

Monday – Friday

8:30 – 4:30

