

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.)

Don't forget to pre-register for the Labor Day Picnic on August 29th!

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Please sign up for the fishing trip by August 8th! Transportation is NOT provided. There will be bottled water and snacks before & after lunch. Wear a hat if you choose and bring sunscreen & a lawn chair.</i>	Fishing Trip- If you need a fishing pole, please let an employee know so one may be provided for you. Limited # of poles available so sign up early.	Please pre-register for the Labor Day Picnic at Sandy Lake Park by August 22nd by 12:00.	<i>We will be starting to take auction donations beginning in September. Please <u>NO</u> clothes.</i>	1 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room Fun
4 <u>BP Screening Today</u> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge <i>Happy Birthday to our McQuiston Center Queen!</i>	5 <u>GREEN DAY</u> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 <i>(Whoever wears the most green wins a prize)</i>	6 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Basement Band 12:00 Lunch 1:00 Puzzle Time	7 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Euchre Tournament	8 9:30 Arthritiscize 10:30 Horse Racing 11:45 50/50 12:00 Lunch 1:00 Fitness Room Fun
11 <u>Blue Jean Day</u> 10:00 Seniorcise 11:00 Tom Hall 1:00 Lunch 12:30 Bridge Wear your blue jeans to save \$1.00 on lunch	12 <u>Waffles</u> 8:30-9:30 Waffles 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	13 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Puzzle Time	14 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Walk 4 Your Health	15 <u>Fishing @ Wilhelm</u> 10:00-4:00 Fishing @ Lake Wilhelm 10:00 Arthritiscize 12:00 Lunch Must have PA fishing license. Bait provided
18 <u>Special Breakfast \$1.00</u> 8:30-9:30 Special Breakfast 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	19 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	20 <u>Yellow Day</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Puzzle Time (Whoever wears the most yellow wins a prize!)	21 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Walk 4 Your Health	22 9:30 Arthrtiscize 10:30 Horse Racing 11:45 50/50 12:00 Lunch 1:00 Fitness Room Fun
25 10:00 Seniorcise 11:00 Socialize Hour outside 12:00 Lunch 12:30 Bridge	26 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	27 <u>French Toast \$1.00</u> 8:30-9:30 French Toast 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch	28 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Euchre Tournament	<u>29 PICNIC AT THE PARK</u> <u>Picnic + Lunch = \$4.00</u> 10:30- Walk over to the Park for activities and lunch following
Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797				

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The cold option of the month is HAM & CHEESE Sandwich. 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. No one will be denied a meal because of inability to donate.	Please be kind and cancel if you will not make it for lunch.	Please arrive 15 minutes prior to lunch and don't forget to sign up at the kiosk for your next meal.	¹ Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Dinner Roll Fresh Fruit of the Day
⁴ Ham Sandwich Cream of Cauliflower Soup Blushed Pears	⁵ Kielbasa on a Bun Homemade Haluski Brussel Sprouts Applesauce	⁶ <u>Birthday \$4.00</u> Cheeseburger BBQ Buttered Beans Tossed Salad w/ Tomato Fresh Fruit of the Day	⁷ Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes w/ Chives Sweet Corn White Bread Fresh Fruit of the Day	⁸ Sweet Sausage on a Roll w/ Peppers & Onions Buttered Noodles Green Beans Cookie
¹¹ Turkey Chef Salad Vegetable Soup Dinner Roll Fresh Fruit of the Day	¹² Swedish Meatballs Buttered Noodles Peas Dinner Roll Gelatin	¹³ Sweet & Sour Pork over Rice Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit of the Day	¹⁴ Breaded Fish Sandwich Macaroni & Cheese Stewed Tomatoes Cookie	¹⁵ Chili w/ Cheese & Crackers Tossed Salad w/ Tomato Cornbread Warm Applesauce <i>Fishing Trip will be Ham & Cheese Sandwich w/ Salad & Applesauce & Bottled Water</i>
¹⁸ Pasta & Meatballs Tossed Salad w/ Tomato Breadstick Mixed Fruit Salad	¹⁹ Taco Salad (taco meat, cheese, lettuce, salsa, & tortilla chips) Tortilla Soup Pineapple	²⁰ Stuffed Pepper w/ Tomato Sauce Garlic Whipped Potatoes Coin Carrots Dinner Roll Fresh Fruit of the Day	²¹ Pork Loin w/ Mushroom Sauce Rice Broccoli Dinner Roll Pudding	²² Crispy Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Fresh Fruit of the Day
²⁵ Pork w/ Onion Gravy Mashed Potatoes Coin Carrots Italian Bread Peach Crisp	²⁶ Hot Dog on the Grill Whipped Cheesy Potatoes Peas Pineapple & Mandarin Oranges	²⁷ Chicken, Spinach & Cranberry Salad Vegetable Soup Breadstick Cookie	²⁸ BBQ Pork Ribette Sandwich Buttered Pasta Brussel Sprouts Pineapple Delight	²⁹ <u>LABOR DAY PICNIC \$4.00</u> <i>Cheeseburger w/ Lettuce & Tomato</i> <i>Potato Salad</i> <i>Baked Beans</i> <i>Stuffed Cupcakes</i> <u>Please Pre-Register by August 22nd by NOON</u>

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

August 2025



724-376-3608

Senior Center Hours:

Monday – Friday
8:30–4:30

