

Welcome to The McQuiston Center!

We are the only Center in Mercer County with heated floors! 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
2 8:30-9:30 Special Breakfast (\$1.00) 10:00 Seniorcise 12:30 Bridge	3 9:00 Shuffleboard 10:30 Coin Bingo 12:30 500	4 <u>BIRTHDAY \$4.00</u> 9:00 Inspirational Hour 10:00 Seniorise 11:00 Tamarack Wildlife Presents 'Birds of Prey'	5 10:00 Line Dancing 12:30 UNO 2:00 Bingocize	6 <u>AUCTION/ Light Up Night</u> 9:30- 3rd Annual Auction (Only Cash & Checks Accepted) All sales Final! {6:00-8:00- Sandy Lake Light up Night (refreshments will be served) Volunteers Needed!}
9 10:00 Seniorcise 11:00 Tom Hall "Does Santa Claus get sick?" 12:30 Bridge	10 8:30-9:30 Waffles 9:00 Shuffleboard 11:00 Christmas Craft w/ Little Jenna (FREE) 12:30 500	11 9:00 Inspirational Hour 10:00 Seniorcise 11:00 Name that Christmas Tune- Seniors Helping Seniors 1:00 Bingocize	12 10:00 Line Dancing 10:30 Hallmark Card Club 1:00 Fitness Room	13 9:30 Arthrtiscize 10:30 Horse Racing 1:00 Fitness Room
16 <u>Ugly Sweater Day</u> 8:30-9:30 Waffles 10:00 Seniorcise 11:30 Ugly Sweater Contest 12:30 Bridge	17 9:00 Shuffleboard 10:30 Christmas Prize Bingo Cost: \$3.00 12:30 500	18 <u>Lakeview Concert</u> 9:00 Inspirational Hour 10:00 Seniorcise 11:00 Lakeview 5th Graders Christmas Concert	19 9:15 Euchre 10:00 Line Dancing 12:30 Checkers	20 <u>Christmas Party \$4.00</u> Door Prizes & 50/50 9:30-11:00 Games w/ Prizes 11:00 Gift Exchange (\$5.00 gift) Secret Pal name exchange will be today <u>No exercise class today</u>
23 8:30-9:30 Waffles 10:00 Seniorcise 12:30 Bridge	24 CLOSED	25 CLOSED	26 10:00 Line Dancing 12:30 UNO 2:00 Bingocize	27 9:30 Arthritiscize 10:30 Christmas Horse Racing (Wear a Christmas shirt/sweater to receive 1 free card in the 1 st round) 2:00 Bingocize
30 <u>PIE COOK-OFF</u> 10:00 Seniorcise 11:15 Pie Cook-off (Have your pie here by 10:45) 12:30 Bridge	31 <u>New Year Party \$4.00</u> 8:30-9:30 Waffles 9:30 Lock Up Jail- New Years Party 12:30 500 Door Prizes & 50/50	<p>We wish you a very Merry Christmas and A Healthy and Happy New Year! From: Shawna, Jenna, Kathy and Tammy and volunteers</p>	Please come to our 3rd annual auction and support your senior center. 100% of the money stays here at the center. Sorry, this event is <u>not</u> open to the public.	2024 In Memory: Chester Loper Gary Moorhead Dolly Ryder <u>"Gone but Never Forgotten"</u>

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Beef Ravioli Brussel Sprouts Italian Bread Warm Peaches	3 Sliced Ham w/ Raisin Sauce Whole Sweet Potato Peas & Carrots Dinner Roll Apple Crisp	4 <u>BIRTHDAY \$4.00</u> Country Fried Chicken w/ Gravy Mashed Potatoes Mixed Vegetables & Fruit Cake & Ice Cream	5 Chicken Bruschetta Pesto Pasta Island Blend Vegetables Dinner Roll Cookie	6 <u>3rd ANNUAL AUCTION!</u> Cheeseburger w/ Lettuce & Tomato Creamy Potato Soup Fresh Fruit of the Day <i>*Sandy Lake Light Up Night*</i>
9 Baked Meatloaf w/ Gravy Baked Potato Beets White Bread Fresh Fruit of the Day	10 BBQ Pork Ribette Brown Rice Green Beans Pineapple Delight	11 Cheese Omelet w/ Peppers, Onions, Cheese Sausage Patties Hashbrowns French Toast Sticks & Juice	12 Grilled Chicken Salad w/ Egg Cream Broccoli Soup Dinner Roll Fruited Gelatin	13 Burgandy Glazed Meatballs Rice Carrots Italian Breadstick Mandarin Oranges
16 Potato Crusted Fish Buttered Noodles Stewed Tomatoes Breadstick Pineapple	17 Open Faced Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables Yummy Lumpy Pudding	18 Pork Loin w/ Onion Gravy Cubed Potatoes Cauliflower Wheat Bread Pears	19 Pizza Burger w/ Mozzarella Cheese Chips Coleslaw Peach Crisp	20 <u>CHRISTMAS MEAL \$4.00</u> <i>Stuffed Chicken Breast Whipped Potatoes w/ Gravy Green Bean Casserole Dinner Roll Cream Puff w/ Chocolate</i>
23 Baked Lasagna w/ Sauce Deluxe Tossed Salad Garlic Breadstick Fresh Fruit of the Day	24 CLOSED 	25 CLOSED 	26 Baked Cabbage Roll Garlic Whipped Potatoes Carrots Dinner Roll Fresh Fruit of the Day	27 Stadium Hot Dog Tator Tots Pickled Beets Pineapple & Mandarin Oranges
30 Salisbury Steak w/ Gravy Baked Potato Broccoli Wheat Bread Gelatin	31 <u>NEW YEARS PARTY \$4.00</u> <i>Pork w/ Sauerkraut Mashed Potatoes Glazed Baby Carrots Dinner Roll Cheesecake w/ Strawberries</i>	<i>Reserve a Christmas meal on Dec. 20th by December 13th at 1:00. Reserve New Years meals on Dec. 31st by December 23rd at 1:00.</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.	Cold option of the month is <u>TURKEY & CHEESE sandwich.</u> The cold sandwich is served with the sides of the day. <u>Lunch is served daily at</u> <u>12:00.</u>

McQuiston Center

by the Park

29 Railroad Street

Sandy Lake

{Director: Shawna Breese}

December 2024

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

