




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 ***

****Active members---
Anyone who has been to
our center at least 2x in
the last month for lunch****

Monday	Tuesday	Wednesday	Thursday	Friday
<i>All special breakfasts are served from 8:30-9:30 and we ask for a \$1.00 donation.</i>	<i>“America without her soldiers would be like God without His angels”</i>	<i>Please arrive at least 15 minutes prior to lunch to guarantee your meal. Be courteous and call if you are running late.</i>	1 Walk 4 UR Health 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Exercise Room	2 9:30 Arthritiscize 10:30 <i>Horse Racing</i> 12:00 Lunch (Please Pre-Register by 12:00 today for Mother’s Day Meal)
5 <u>Special Breakfast \$1.00</u> 10:00 Seniorcise  11:15 DRILL 12:00 Lunch 12:30 Bridge	6 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	7 <u>Birthday \$4.00 & Western Day</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch Wear your western clothes & receive \$1.00 off your lunch.	8 Walk 4 UR Health 10:00 Euchre Tournament 12:00 Lunch 12:30 Line Dancing	9 <u>MOTHER’S DAY \$3.00</u> 10-:00-12:00 Games w/ Prizes 11:00 Planting flowers in cups <u>Free meal to all active member mothers</u> 12:00 Lunch
12 10:00 Seniorcise 10:30 BP Screening 11:00 Tom Hall- Speaker 12:00 Lunch 12:30 Bridge	13 8:30-9:30 Waffles 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	14 <u>Pancake Breakfast \$1.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Anna Shearer “Mental Health Awareness” 12:00 Lunch	15 Walk 4 UR Health 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Exercise Room	16 <i>Pre-Register by today 12:00 for Memorial Day meal</i> 9:30 Arthritiscize 10:30 <i>Horse Racing</i> 12:00 Lunch 1:00 Uno
19 <u>WAFFLES</u> 8:30-9:30 Waffles 10:00 Seniorcise 11:00 NW Legal Services Questions & Answers 12:00 Lunch 12:30 Bridge	20 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	21 <u>Lakeview Kids Singing</u> 9:15 Inspirational Hour 9:45-10:45 Seniorcise 11:00 Lakeview kids singing “This is America” 12:00 Lunch 1:00 Fitness Room	22 Walk 4 UR Health 10:00 Euchre Tournament 12:00 Lunch 12:30 Line Dancing	23 <u>MEMORIAL DAY \$4.00</u> 10:45-12:00- <i>Dream Catchers</i> 10:30 <i>Walk to the Park</i> 12:00 <i>Lunch @ the Park</i> (Inside activities if it rains) {No Exercise class today}
26 CLOSED! 	27 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	28 9:15 Inspirational Hour 10:00 Seniorcise 11:15 Tornado Drill 	29 Walk 4 UR Health 10:00 Line Dancing w/ Kay 11:00 Hallmark Card Club 12:00 Lunch 1:00 Checkers	30 9:30 Arthritiscise 10:30 <i>Horse Racing</i> 12:00 Lunch 2:00 Exercise Room

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The cold option for May is: Ham & Cheese Sandwich</i>	<u>Pre-Register for meals 2 business days ahead</u> Monday- Wednesday Tuesday-Thursday Wednesday- Friday Thursday-Monday Friday- Tuesday	<i>Be sure to pre-register for special meals at least 7 business days ahead.</i>	1 Pork Loin w/ Onion Gravy Mashed Potatoes Peas Dinner Roll Peach Crisp	2 Taco Salad over Tortilla Chips Tortilla Soup Pineapple
5 Pork Loin w/ Mushroom Sauce over Rice Broccoli Dinner Roll Pineapple Delight	6 Cheeseburger Tator Tots Mandarin Oranges	7 <u>Birthday \$4.00</u> Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Cake & Ice Cream	8 Pasta & Meatballs Tossed Salad w/ Tomato Breadstick Mixed Fruit Salad	9 <u>MOTHER'S DAY!!! \$4.00</u> Stuffed Chicken Breast w/ Gravy Baked Potato California Blend & Dinner Roll Cherry Cheesecake
12 Korean Meatballs White Rice Oriental Vegetables Wheat Bread Fresh Fruit of the Day 	13 Country Fried Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Peach Crisp	14 Cabbage Roll Casserole Garlic Whipped Potatoes Peas Dinner Roll Fresh Fruit of the Day	15 Chicken, Spinach & Cranberry Salad w/ Dressing Broccoli Salad Breadstick Cookie	16 Chicken Philly Cheesesteak Cream of Spinach Soup Coleslaw Gelatin
19 Chicken Alfredo over Buttered Pasta Lemon Pepper Broccoli Breadstick Pudding	20 Stuffed Pepper w/ Tomato Sauce Coin Carrots Dinner Roll Fresh Fruit of the Day	21 Cheese Omelet w/ Peppers & Onions Sausage Patty Hashbrown & French Toast Sticks Juice Cup	22 Grilled Chicken Salad Cream of Broccoli Soup Dinner Roll Fruited Gelatin	23 <u>MEMORIAL DAY \$4.00 {Picnic @ the Park}</u> <i>Hot Dog on the Grill</i> <i>Macaroni Salad</i> <i>Bag of Chips</i> <i>Melon</i>
26 CLOSED  <small>shutterstock · 1380898094</small>	27 Swiss Steak w/ Onion Gravy Mashed Potatoes Green Beans Wheat Bread Pineapple Delight	28 Popcorn Chicken Bowl w/ Mashed Potatoes, Gravy, Corn and a Dinner Roll Blushed Pears	29 Sliced Ham w/ Pineapple Glaze Whipped Sweet Potatoes Peas Dinner Roll Cookie	30 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll Fresh Fruit of the Day

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

MAY 2025



724-376-3608

Senior Center Hours:

Monday – Friday
8:30 – 4:30

