



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 by October 24th by noon for the Halloween Party

	Tuesday	Wednesday	Thursday	Friday
Please arrive at least 15 minutes prior for lunch so that your meal will be reserved.	Items you wish to donate for the upcoming auction in December may be brought in this month. Please no clothes, books or pictures.	1 <u>\$4.00 B-Day Party</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00-12:00 Seniors Helping Seniors Serving Lunch + take out meal	2 10:00-12:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room Walk 10+ laps= 50/50 ticket	3 <u>Wooden Wishes Trip</u> 10:00 Arthritiscize 9:30 Bus leaves for Wooden Wishes>Returns at 11:30 (Wear comfy shoes)
6 <u>Flu/Covid Clinic</u> 10:00-12:00 <i>Flu /Covid Clinic (bring insurance card)</i> 12:00 Lunch 12:30 Bridge <u>Seniorcise Cancelled Today!</u>	7 Fall Craft w/ Lil' Jenna 9:00 Shuffleboard 11:00 Pinecone Bird Feeder Craft (Free) 12:00 Lunch 12:30 500	8 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Fitness Room	9 10:00-12:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room Walk 10+ laps= 50/50 ticket	10 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Exercise Room 50/50
13 CLOSED 	14 9:00 Shuffleboard 10:30 <i>Halloween Prize Bingo</i> (\$3.00) 12:00 Lunch 12:30 Bridge (back room) 12:30 500	15 <u>Waffles</u> 9:15 Inspirational Hour 10:00 Seniorcise <i>12:00 Lunch</i>	16 10:00-12:00 Line Dancing w/ Kay 11:00 Hallmark Card Club 12:00 Lunch Walk 10+ laps= 50/50 ticket	17 9:30 Arthritiscize 12:00 Lunch 1:00 Euchre
20 8:30-9:30 Special Breakfast 10:00 Seniorcise 11:00 <i>Talking Saves Lives-suicide prevention talk</i> <i>12:00 Lunch</i> 12:30 Bridge	21 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	22 <u>CHILI COOK-OFF</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Chili Cook-Off 12:00 Lunch Have your chili in a crockpot and here by 10:45	23 10:00-12:00 Line Dancing 10:00 Dominoes 12:00 Lunch Tomorrow is the Last day to sign up for the Halloween Party Meal-Sign up by 12:00	24 9:30 Arthrtiscize 10:30 Horse Racing and 50/50 12:00 Lunch 1:00 Euchre 
27 10:00 Seniorcise <i>12:00 Lunch</i> 12:30 Bridge	28 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	29 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Uno	30 10:00-12:00 Line Dancing w/ Kay 12:00 Lunch	31 <u>\$4.00 Halloween Party</u> <i>10:00-12:00 Halloween Party w/ Dreamcatchers</i> <i>11:00 Costume Contest</i> 50/50
Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797				

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Suggested donation for meal is \$3.00. We ask you to register 2 business days in advance.	<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>	1 \$4.00 Birthday- This includes 2 meals today!!!! Hot Dog Chips Cake & Ice Cream (Take Home Meal: Roast Beef w/ Mashed Potatoes & Gravy, and Carrots, fresh fruit)	2 <u>Sandwich & Soup</u> Turkey w/ Provolone Cheese Sandwich Corn Chowder Soup Apple Crisp	3 <u>Yum-Yum!</u> Chili Side Salad Cornbread Fresh Fruit of the Day
6 Fish Sandwich Macaroni & Cheese Coleslaw Blush Fruit	7 Swedish Meatballs Buttered Pasta Peas Breadstick Gelatin	8 <u>Breakfast Meal</u> Cheese Omelet Sausage Patty Hash Browns English Muffin Orange Juice	9 Meatloaf w/ Gravy Mashed Potatoes Carrots Wheat Bread Oatmeal Cream Pie	10 Sweet & Sour Pork over Rice Broccoli & Cauliflower Wheat Bread Fresh Fruit of the Day
13 <u>Columbus Day</u> 	14 <u>New Item</u> Chicken Paprikash w/ Creamy Tomato Sauce Rice Brussel Sprouts Wheat Bread Cookie	15 Sloppy Joe Sandwich Green Beans Tator Tots Fresh Fruit of the Day	16 Roasted Honey Garlic Pork Loin over Rice Steamed Broccoli Dinner Roll Fruited Gelatin	17 <u>SOUP & SALAD</u> Turkey Chef Salad Vegetable Soup Dinner Roll Fresh Fruit of the Day
20 Kielbasa w/ Kraut Buttered Noodles California Blend Veggies Applesauce	21 Stuffed Pepper Garlic Mashed Potatoes Carrots Wheat Bread Cookie	22 Chicken Philly Sandwich Cream of Spinach Soup Coleslaw Gelatin	23 Salisbury Steak over Rice Whipped Potatoes Peas Dinner Roll Fresh Fruit of the Day	24 Creamy Chicken Tortellini Side Salad w/ Tomato Wheat Bread Spiced Fruit
27 Cheeseburger Tator Tots Baked Pineapple Tossed Salad w/ Tomato	28 <u>New Item</u> General Tso's Chicken over Rice Garlic Broccoli Mandarin Oranges Fresh Fruit of the Day	29 Sliced Ham w/ Pineapple Sauce Whipped Sweet Potatoes Peas Dinner Roll	30 <u>Popcorn Chicken Bowl</u> Popcorn Chicken Bowl Popcorn chicken, Whipped Potatoes, Corn and Gravy Dinner Roll Fresh Fruit of the Day	31 <u>\$4.00 Halloween</u> <i>Sweet Sausage w/ Peppers & Onions</i> <i>Tator Tots</i> <i>Sliced Carrots</i> <i>Orange Poke Cake w/ Topping</i>

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

October 2025



Director: Shawna Breese

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

