

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**)

***Merry Christmas and
Happy New Year to all our
seniors and families.***

***Thank you for being part
of the McQuiston Center
this year!
May we bring in 2026 with
love and peace in our
hearts!***

Monday	Tuesday	Wednesday	Thursday	Friday
1 <u>Daffin's Trip</u> 9:00 Bus leaves for Daffin's 10:00 Seniorcise 11:00 Wii Bowling 1:00 Lunch 12:30 Bridge	2 9:00 Shuffleboard 10:00 Euchre 11:00 Christmas Craft w/ Marilyn 12:00 Lunch 12:30 500	3 <u>BIRTHDAY \$4.00</u> 10:00 Seniorcise 11:00 Basement Band "Christmas in Sandy Lake"	4 10:00-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Fitness Room	5 <u>AUCTION</u> 9:00-12:00 Auction Cash/Check accepted. All items sold are as-is and must be picked up by end of day today. 6:00-8:00 Light up Night
8 <u>BP Screening Today</u> 12:00 Lunch 11:00 Tom Hall 12:30 Bridge B.P. Screening in the A.M.	9 9:00 Shuffleboard 10:30 Christmas Prize Bingo \$3.00 12:00 Lunch 12:30 500	10 <u>Pajama Day</u> 10:00 Seniorcise 11:00 Inspirational Hour Wear your pajamas today & receive a free meal	11 <u>Kraynak's Trip</u> 9:00 Bus leaves for Kraynak's 10:00-12:00 Line Dancing 12:00 Lunch	12 <u>Ugly Sweater Day</u> 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch Wear your ugly sweater today to receive \$1.00 off your meal
15 <u>Christmas Special Breakfast (\$2.00)</u> 10:00 Seniorcise 11:00 FUN Winter Craft w/ Val 12:00 Lunch 12:30 Bridge	16 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	17 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Lakeview Students Concert for Christmas 12:00 Lunch	18 10:00-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Social Hour Outside	19 9:300 Arthritiscize 10:30 Christmas Horse Racing (wear a Christmas shirt and receive a free card the 1 st round) 12:00 Lunch
22 10:00 Seniorcise 11:00 Winter Snowmen Craft w/ Little Jenna 12:00 Lunch 12:30 Bridge	23 <u>Christmas Party \$4</u> 8:30-10:30 Christmas Music & Fun 10:30-- Gift Exchange 11:30 Lottery Tree Winner Announced! <u>Santa may visit!</u> 50/50	24 <u>CLOSED</u> 	25 <u>CLOSED</u> 	26 <u>ICE CREAM DAY</u> 10:00 Arthritiscize 11:00 Make your own ice cream sundae 12:00 Lunch 1:00 Fitness Room
10:00 Seniorcise 11:00 Wii Bowling 12:00 Lunch 12:30 Bridge	30 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	31 <u>New Years Eve \$4.00</u> 9:00-12:00 Lock Up Jail (Fundraiser) Don't get caught saying 'THE' word!!	Don't forget to pre-register at least 7 days prior for the special meals.	Special Breakfast donations are \$1.00, but you can give more if you are able. They are served from 8:30-9:30.
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>
1 Chicken Taco Salad w/ Mexican Corn Rice Pineapple	2 Bacon cheeseburger Cauliflower Soup Cookie	3 <u>BIRTHDAY \$4.00</u> Chicken Paprikash Rice Brussel Sprouts Wheat Bread Cake & Ice Cream	4 Meatloaf Mashed Potatoes w/ Gravy Carrots Wheat Bread Oatmeal Cream Pie	5 Sloppy Joe Green Beans Tator Tots Fresh Fruit
8 Roasted Honey Garlic Pork Steamed Broccoli Rice Fruited Gelatin Dinner Roll	9 Turkey Chef Salad Vegetable Soup Dinner Roll Fresh Fruit of the Day	10 Kielbasa w/ Kraut Buttered Noodles California Blend Vegetables Applesauce	11 Stuffed Pepper w/ Sauce Garlic Mashed Potatoes Carrots White Bread Pudding	12 Pasta & Meatballs Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit of the Day
15 Salisbury Steak w/ Gravy Whipped Potatoes Peas Dinner Roll Gelatin	16 Creamy Tortellini Side Salad w/ Tomato Garlic Breadstick Spiced Fruit	17 Cheeseburger Tator Tots Tossed Salad w/ Tomato Fresh Fruit of the Day	18 General Tso's Chicken over Rice Garlic Broccoli Mandarin Oranges	19 BBQ Pulled Pork Ranch Cubed Potatoes Green Beans Pineapple & Mandarin Oranges
22 Chicken Philly Sandwich Cream of Spinach Soup Coleslaw Gelatin	23 <u>Christmas Meal \$4.00</u> Stuffed Chicken Breast Mashed Potatoes w/ Gravy Green Bean Casserole Cream Puff w/ Chocolate Syrup	24 CLOSED 	25 CLOSED 	26 Grilled Chicken Alfredo Butter Pasta Lemon Pepper Broccoli Breadstick Pudding
29 Meatball Sub Side Salad w/ Dressing Fresh Fruit of the Day	30 Chicken Cutlet w/ Country White Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Blushed Fruit	31 <u>NEW YEAR'S EVE MEAL \$4.00</u> Roasted Pork w/ Kraut Parsley Potatoes Coin Carrots Dinner Roll Cheesecake w/ Cherry Topping	<u>The COLD OPTION of the month is Turkey & Cheese Sandwich.</u> <i>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. Special Meals \$4.00 & please register at least 7 days in advance.

McQuiston

Center

by the Park

29 Railroad Street

Sandy Lake

December 2025



Director: Shawna Breese

724-376-3608

Senior Center

Hours:

Monday – Friday

8:30–4:30

