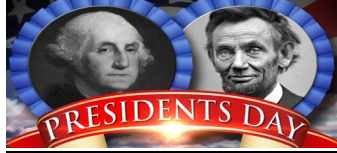


# Welcome to The McQuiston Center!

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
<b>3</b> <b>8:30-9:30 Waffles</b> <b>10:00 Seniorcise</b> <b>12:00 Lunch</b> <b>12:30 Bridge</b>	<b>4</b> <b>9:00 Shuffleboard</b> <b>10:30 Euchre</b> <b>12:00 Lunch</b> <b>12:30 500</b>	<b>5</b> <b><u>BIRTHDAY \$4.00</u></b> <b>10:00-10:45 Seniorcise</b> <b>11:00 Basement Band</b> <b>12:00 Lunch</b> <b>12:30 Euchre</b>	<b>6</b> <b>10:00 Line Dancing w/ Kay</b> <b>12:00 Lunch</b> <b>1:00 Walk 4 UR Health</b> <i>Sign up by 12:00 tomorrow for the Valentine Meal</i>	<b>7</b> <b>9:30 Arthritiscize</b> <b>10:30 Valentine Horse Racing (wear red/pink shirt to receive 1 free card in 1<sup>st</sup> race)</b> <b>12:00 Lunch</b> <b>12:30 Exercise Room</b>
<b>10</b> <b>BP Screening Today</b> <b>10:00 Seniorcise</b> <b>11:00 Tom Hall Medicine &amp; "Supplements"</b> <b>12:00 Lunch</b> <b>12:30 Bridge</b> <b>***Today <u>ONLY</u>...walk 20+ laps &amp; receive one 50/50 ticket</b>	<b>11</b> <b><u>PAJAMA DAY</u></b> <b>9:00 Shuffleboard</b> <b>10:30 Valentine Coin Bingo</b> <b>12:00 Lunch</b> <b>12:30 500</b> Wear your pajamas & receive a free meal---And YES, it HAS to be pajamas (Top & Bottom)	<b>12</b> <b>9:15 Inspirational Hour</b> <b>10:00 Seniorcise</b> <b>11:00 Making Valentine Bags w/ Little Jenna</b> <b>12:00 Lunch</b> <b>1:00 Bingocize</b>	<b>13</b> <b>10:00 Line Dancing w/ Kay</b> <b>12:00 Lunch</b> <b>12:30 Checkers</b> <b>Remember to sign up by noon today for Tuesday's meal!</b>	<b>14</b> <b><u>Valentine Party \$4.00</u></b>  <b>10:30-12:00</b> <i>*DreamCatchers DJ</i> -Music & Dancing- -50/50- <i>Door Prizes</i>
<b>17</b> <b><u>CLOSED</u></b> 	<b>18</b> <b>9:00 Shuffleboard</b> <b>10:30 Euchre</b> <b>12:00 Lunch</b> <b>12:30 500</b> <b>12:30 Bridge</b>	<b>19</b> <b>9:15 Inspirational Hour</b> <b>10:00 Seniorcise</b> <b>12:00 Lunch</b> <b>1:00 Exercise Room</b>	<b>20</b> <b>10:00 Line Dancing</b> <b>12:00 Lunch</b> <b>1:00 Walk 4 UR Health</b>	<b>21</b> <b>9:30 Arthritiscize</b> <b>10:30 Horse Racing</b> <b>12:00 Lunch</b> <b>1:00 Bingocize</b>
<b>24</b> <b>10:00 Seniorcise</b> <b>12:00 Lunch</b> <b>12:30 Bridge</b>	<b>25</b> <b>8:30-9:30 Waffles</b> <b>9:30 Shuffleboard</b> <b>10:30 Coin Bingo</b> <b>12:00 Lunch</b> <b>12:30 500</b>	<b>26</b> <b>9:15 Inspirational Hour</b> <b>10:00 Seniorcise</b> <b>12:00 Lunch</b> <b>1:00 Bingocize</b>	<b>27</b> <b>10:00 Line Dancing w/ Kay</b> <b>12:00 Lunch</b> <b>1:00 Fitness Room</b>	<b>28</b> <b>10:00 Arthritiscize</b> <b>12:00 Lunch</b> <b>1:00 Walk 4 UR Health</b>
<b><i>SMILE.....it looks better on you!</i></b>  <i>Mercer County Area Agency on Aging, Inc. 724-662-6222</i>	The first mass produced Valentines started in the 1840's.  <i>Mercer County Area Agency on Aging, Inc. 724-662-6222</i>	Americans spend \$27.4 Billion on Valentine gifts each year! \$2.4 Billion on candy alone!  <i>Mercer County Area Agency on Aging, Inc. 724-662-6222</i>	Americans send 145 million Valentine Day cards each year!  <i>Mercer County Community Transit 1-800-222-8797</i>	What item is purchased most on Valentines Day?  <i>Jewelry</i>

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Burgundy Glazed Meatballs over Rice Carrots Italian Breadstick Mandarin Oranges	4 Potato Crusted Fish Buttered Noodles Stewed Tomatoes Breadstick Pineapple	5 <b><u>BIRTHDAY \$4.00</u></b> Stadium Hot Dog Tater Tots Pickled Beets Little Jenna's Cupcakes & Ice Cream	6 Pork Loin w/ Onion Gravy Cubed Potatoes Cauliflower Wheat Bread Peach Crisp	7 Pizza Burger Chips Coleslaw Fresh Fruit of the Day
10 Chicken Bruschetta Pesto Pasta Island Blend Vegetables Dinner Roll Creamy Pudding	11 <b><u>SOUP &amp; SALAD</u></b> Turkey Chef Salad Vegetable Soup Dinner Roll Gelatin	12 Crab Cake Tomato Basil Bisque White Bread Cinnamon Apple Slices	13 Chicken & Dumplings Mixed Vegetables WG Buttermilk Biscuit Fresh Orange	14 <b><u>VALENTINE'S PARTY \$4.00</u></b> Pot Roast w/ Gravy Baked Potato Peas & Carrots Dinner Roll Angel Food Cake w/ Strawberries
17 <b>CLOSED</b>	18 Salisbury Steak w/ Gravy Baked Potato Broccoli Wheat Bread Gelatin	19 Spaghetti & Meatballs Tossed Salad Garlic Breadstick Fresh Fruit of the Day	20 Honey BBQ Chicken Brown Rice Carrots Wheat Bread Mixed Fruit Salad	21 Baked Cabbage Roll Garlic Mashed Potatoes Carrots Dinner Roll Peach Crisp
24 Chili w/ Cheddar Cheese Tossed Salad Cornbread Warm Apple Slices	25 Country Fried Chicken w/ White Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Apple Crisp	26 Sweet Sausage w/ peppers & Onions Buttered Noodles Green Beans Cookie	27 Chicken Marsala w/ Mushroom Sauce over Rice Pilaf Broccoli & Cauliflower Wheat Bread Fresh Fruit of the Day	28 Sloppy, Sloppy Joe Sweet Potato Tots Green Beans Fresh Fruit of the Day
<b><u>Cold Sandwich this month is Bologna &amp; Cheese.</u></b> Side dishes still included. Please notify staff when making your reservation.	<b><u>Lunch is at 12:00. Please be here by 11:45.</u></b> Be courteous to the kitchen staff and those dining in, call if you are going to be late or cancelling.	<b><u>Order your meals ahead:</u></b> Monday for Wednesday Tuesday for Thursday Wednesday for Friday Thursday for Monday Friday for Tuesday	Please remember to reserve your lunch 2 business days ahead. If cancelling, please let us know as soon as possible so that we may give your meal to someone who wants it.	Lunch is suggested donation of \$3.00. No one will be denied a meal due to inability to pay.

# McQuiston Center

*by the Park*  
29 Railroad Street  
Sandy Lake

## February 2025

*Director: Shawna Breaese*



724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

