


# 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.

Happy New Year!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January begins voting for your new King &amp; Queen. They will be announced at the February Birthday Party.</p>	<p>Please be courteous ..... Call by 11:30 &amp; cancel if you are not coming for lunch.</p>	<p>1 <u>CLOSED!!!</u></p> 	<p>2 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Checkers</p>	<p>3 10:00 Arthritiscize 12:00 Lunch 12:30 Exercise Room</p>
<p>6 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>7 8:30-9:30 Waffles 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>8 <u>BIRTHDAY!!! \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Birthday Entertainment 12:00 Lunch 12:30 Euchre</p>	<p>9 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Exercise Room</p>	<p>10 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 12:30 Rummy</p>
<p>13 BP Screening Today 10:00 Seniorcise 11:00 Tom Hall "Cardiac Medication" 12:00 Lunch 12:30 Bridge</p>	<p>14 9:00 Shuffleboard 10:00 Euchre 12:30 500</p>	<p>15 9:15 Inspirational Hour 10:30 RED HATS BINGO (free) No exercise today 1:00 Checkers</p>	<p>16 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Exercise Room</p>	<p>17 10:00 Arthritiscize 12:00 Lunch 1:00 Bingocize</p>
<p>20 <u>CLOSED</u></p> 	<p>21 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500 12:30 Bridge</p>	<p>22 9:15 Inspirational Hour 10:00 Seniorcise 1:00 Bingocize</p>	<p>23 10:00 Line Dancing w/ Kay 11:00 Hallmark Card Club 12:00 Lunch 12:30 Uno</p>	<p>24 <u>MLK DAY! \$4.00</u> 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 12:30 Exercise Room</p>
<p>27 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>28 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>29 8:30-9:30 Waffles 9:15 inspirational Hour 10:00 Seniorcise 11:00 Presentation from Anna "Winter Blues"</p>	<p>30 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Uno</p>	<p>31 10:00 Arthritiscize 12:00 Lunch 1:00 Bingocize</p>
<p>Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797</p>				

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<ul style="list-style-type: none"> <li>Cold Sandwich option this month is MEATLOAF. It replaces protein. Side dishes are still included. Please notify staff when making your reservation</li> </ul>	Regular lunch meals donation is: \$3.00  Special days donations: \$4.00	1 <b>CLOSED</b> 	2 Swedish Meatballs Buttered Noodles Peas Dinner Roll Blushed Pears	2 Chili w/ Cheddar Cheese Tossed Salad w/ Tomato Cornbread Fresh Fruit of the day
6 Breaded Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit of the day	7 Sweet Sausage w/ Peppers & Onions Buttered Noodles Green beans Cookie	8 <b>BIRTHDAY \$4.00</b> Chicken Marsala Rice Pilaf Broccoli & Cauliflower Blend Wheat Bread Cake & Ice Cream	9 Sloppy Joes Roasted Sweet Potato Tots Green Beans Fresh Fruit of the Day	10 Popcorn Chicken Bowl w/ Mashed Potatoes, Corn, Biscuit and Gravy Peaches
13 Stuffed Pepper w/ Tomato Sauce Whipped Potatoes Carrots White Bread Pudding	14 Turkey Chef Salad w/ Egg Vegetable Soup Dinner Roll Gelatin	15 Chicken Alfredo over Noodles Broccoli Garlic Breadstick Warm Apple Cranberry Crisp	16 Baked Meatloaf w/ Gravy Baked Potato Beets White Bread Fresh Fruit of the Day	17 <b>MLK \$4.00</b> BBQ Chicken Breast Cheesy Potato Casserole Green Beans Dinner Roll Chocolate Cake
20 <b>CLOSED</b> 	21 Chicken Bacon Carbonara Pasta Peas Breadstick Mandarin oranges	22 Sliced Ham w/ Raisin Sauce Sweet Potato Peas & Carrots Dinner Roll Fresh Fruit of the Day	23 Country Fried Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Apple Crisp	24 Sweet & Sour Pork over Rice Broccoli & Cauliflower Blend Dinner Roll Cookie
27 Cheeseburger w/ Lettuce & Tomato Creamy Potato Soup Fresh Fruit of the Day	28 Open Faced Turkey Sandwich w/ Mashed Potatoes & Gravy Sweet Corn White Bread Cookie	29 BBQ Pork Ribette Brown Rice Green Beans Pineapple Delight	30 Cheese Omelet w/ peppers & Onions Sausage Patties Hashbrown French Toast Sticks w/ Syrup Juice	31 Grilled Chicken Salad w/ Egg Creamy of Broccoli Soup Dinner Roll Fruited Gelatin

# McQuiston Center

*by the Park*  
 29 Railroad Street  
 Sandy Lake

## January 2025



724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30



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