

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.)

Happy 4th Of July!!!

Let the freedom fought for us by the heroes of this country never be in vain. Let us all work hand in hand to protect it. God bless America and Happy 4th of July to all the beautiful people of this great nation!

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Seniorcise 12:00 Lunch 12:30 Bridge 1:00 Walk -For-Fun (Walk 20 + Laps after lunch & Receive 2 Food Items)	2 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	3 <u>4th of July \$4.00</u> 10:00- 1:00 Picnic @ Lake Wilhelm 11:00- Lunch (Center will be closed from 10:00-1:00)	4 <u>CLOSED</u> 	5 8:45 Movie & Popcorn "Wizard of Oz" 10:00 Arthritiscize 12:00 Lunch 1:00 Euchre
8 8:30-9:30 Special Breakfast 10:00 Seniorcise and <i>Blood Pressure Screenings</i> 11:00 Tom Hall 12:00 Lunch 12:30 Bridge	9 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	10 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch Bingo 1:00 Euchre	11 9:15 Euchre 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room	12 <u>Senior Appreciation Day</u> 9:30 Bingocize 11:00 Lunch 1:00 Ice Cream @ Tibi's (Center will be closed from 12:45-2:00)
15 10:00 Seniorcise 11:00 Socialize Hour Outside 1:00 Lunch 12:30 Bridge	16 9:00 Shuffleboard 10:30 Bingocize 12:00 Lunch 12:30 500	17 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <i>Daisy Townsend "Book Signing" & Introduction new book</i> 12:00 Lunch	18 9:15 Euchre 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Social Hour Outside	19 9:30 Arthritiscize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Euchre
22 8:30-9:30 Special Breakfast 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	23 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	24 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Social Hour outside	25 <u>\$2.00 DAY</u> <i>(Line Dancing Cancelled)</i> 10:00 Dominoes 12:00 Lunch 1:00 Walk-For-Fun (Walk 20 + laps after lunch & receive 2 food items)	26 9:30 Arthrtiscize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Euchre
29 10:00 Seniorcise 11:00 <i>Socialize Hour outside</i> 12:00 Lunch 12:30 Bridge <i>Mercer County Area Agency on Aging, Inc. 724-662-6222</i>	30 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	31 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Uno <i>Mercer County Community Transit 1-800-222-8797</i>	<i>Bingocize is free to play. Have fun playing bingo with a little bit of basic exercising</i>	Special Breakfast donations are \$1.00, but you can give more if you can.

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
1 Baked Cabbage Roll Garlic Whipped Potatoes Carrots White Bread Fresh Fruit of the Day	2 Swedish Meatballs w/ Gravy Buttered Noodles Peas Dinner Roll Fresh Fruit of the Day	3 <u>4th Of July Party \$4.00</u> BBQ Pulled Pork Sandwich Hashbrown Casserole Coleslaw Deluxe Brownie	4 <u>CLOSED</u> 	5 Taco Salad w/ Tortilla Chips Corn w/ Pimentos Pineapple
8 Sliced Ham w/ Pineapple Sauce Sweet Potatoes Green Beans Dinner Roll & Pudding	9 Baked Meatloaf w/ Gravy Baked Potato w/ Sour Cream Peas White Bread Cookie	10 Sloppy Joe Tator Tots Green Beans Fresh Fruit of the day	11 Turkey Chef Salad Vegetable Soup w/ Crackers Dinner Roll Blushed Pears	12 Teriyaki Chicken Vegetable Rice Pilaf Oriental Blend Veggies Wheat Bread Fresh Fruit of the day
15 Cheeseburger w/ Lettuce & Tomato Creamy potato Soup w/ Crackers Fresh Fruit of the Day	16 Pork Loin w/ Onion Gravy Buttered Pasta California Blend Wheat Bread Peach Crisp	17 <u>Birthday! \$4.00</u> Roast beef w/ Gravy Mashed Potatoes Mixed Vegetables White Bread Fresh Fruit of the Day	18 Parmesan Chicken over Buttered Noodles Tossed Salad w/ Tomato Breadstick Apple Crisp	19 Tuna Salad Sandwich w/ Lettuce & Tomato Tomato Soup w/ Crackers Gelatin
22 Stuffed Pepper w/ Sauce Garlic Whipped Potatoes Carrots & Peas White Bread Pudding	23 Sweet & Sour Pork Rice Broccoli & Cauliflower Blend Wheat Bread Fresh Fruit of the Day	24 Chicken, Spinach & Cranberry Salad Beets Breadstick Mixed Fruit	25 <u>\$2.00 DAY!!!</u> Swiss Steak w/ Onion Gravy Mashed Potatoes Carrots Wheat bread Gelatin	26 Creamy Vegetable Lasagna Tossed Salad Garlic Breadstick Peaches
29 Creamy Garlic Chicken Breast Buttered Noodles Roasted Brussel Sprouts Wheat Bread Mandarin Oranges	30 Lemon Pepper Fish w/ tarter Rice Pilaf California Blend Vegetables Dinner Roll Fresh Fruit of the Day	31 Open Faced Turkey Sandwich w/ Gravy Mashed Potatoes w/ Chives Sweet Corn White Bread Cookie	<i>The cold option of the month is EGG sandwich. 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. No one will be denied a meal because of inability to donate.

McQuiston Center

by the Park
29 Railroad Street
Sandy Lake

July 2024



724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

