

# Welcome to The McQuiston Center!

Please remember that we act in compliance with directives from the PA Department of Aging, the PA Department Health and the CDC., as we ask you to adhere to the guidelines.

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. \*\**

**Please Remember to pre-register for your meals!**

**Happy St. Patrick's Day! May you find your pot of gold!**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 <u>Property/Rent Rebate</u></b> <b>9-12 <u>Property/Rent Rebate</u></b> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	<b>4</b> 9:00 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500	<b>5 <u>BIRTHDAY \$4.00</u></b> 10:00-10:45 Seniorcise 11:00 <i>Hey Joe Entertainment</i> 12:00 Lunch 12:30 Euchre	<b>6</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Bingocize	<b>7</b> 9:30 Arthritiscize 10:30 <b>Horse Racing</b> 12:00 Lunch 12:30 Exercise Room
<b>10 <u>BP Screening Today</u></b> 10:00 Seniorcise 11:00 Tom Hall Medicine & "Supplements" 12:00 Lunch 12:30 Bridge ***Sign up by 12:00 today for St. Patty's Day meal**	<b>11</b> 9:00 Shuffleboard 10:30 <b>St. Patty's Day Coin Bingo</b> 12:00 Lunch 12:30 500	<b>12</b> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <i>Gambling away the Golden Years</i> 12:00 Lunch 1:00 Bingocize	<b>13</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 12:30 Checkers	<b>14</b> <b>8:30-9:30 Waffles</b> 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room
<b>17 <u>St Patty's Party \$4.00</u></b> 10:30-12:00 Dream Catcher's Music 12:00 Lunch <b>WEAR GREEN</b> 12:30 Bridge <b>Dance the day away! 50/50 Lucky Plate!</b>	<b>18</b> <b>8:30-9:30 Waffles</b> 9:00 Shuffleboard 10:30 Euchre 12:00 Lunch 12:30 500	<b>19 <u>FLANNEL DAY!</u></b> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Exercise <i>Wear your flannel and receive \$1.00 off your meal!</i>	<b>20</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Walk 4 UR Health	<b>21</b> 9:30 Arthritiscize 10:30 <b>Horse Racing</b> 12:00 Lunch 1:00 Bingocize
<b>24 <u>Income Tax Returns w/ Cindy</u></b> 9:00-3:00 Income Tax Returns (small charge) 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	<b>25</b> 8:30-9:30 Waffles 9:30 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	<b>26 <u>Puzzle Tournament</u></b>  <b>10:30 <i>Puzzle Tournament</i></b> (must pre-register) 12:00 Lunch 1:00 Bingocize	<b>27</b> 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room	<b>28</b> 10:00 Arthritiscize 12:00 Lunch 1:00 Walk 4 UR Health
<b>31</b> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	Please be sure to sign up for the St. Patty's Day Meal by March 10 <sup>th</sup> at 12:00	Coming up.... Trip to Kraynaks & Bob Evans April 4 <sup>th</sup> .... Pre-Registration a must	*If You attend the Birthday Party for the month of your birthday, your meal is free! *	I hope you find your Pot Of Gold!
<i>Mercer County Area Agency on Aging, Inc. 724-662-6222    Mercer County Community Transit 1-800-222-8797</i>				

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3 Popcorn Chicken w/ Gravy Whipped Potatoes Corn Biscuit Peaches	4 Stuffed Pepper w/ Tomato Sauce Garlic Whipped Potatoes Carrots White Bread Pudding	5 <u>BIRTHDAY \$4.00</u>  Baked Lasagna w/ Sauce Deluxe Tossed Salad Garlic Breadstick Fresh fruit	6  Chicken Alfredo Broccoli Breadstick Warm Apple Cranberry Crisp	7  Breaded Fish Macaroni & Cheese Stewed Tomatoes Wheat Bread Fresh Fruit
10 Chicken Bacon Carbonara Peas Breadstick Mandarin Oranges	11 BBQ Pulled Pork Sandwich Ranch Potatoes Coleslaw Fresh fruit	12 Baked Beef Ravioli w/ Sauce Brussel Sprouts Warm Peaches Italian Bread	13 Sliced Ham w/ Raisin Sauce Whole Sweet Potato Peas & Carrots Dinner Roll Cookie	14 Tuna Noodle Casserole Peas White Bread Fresh Fruit
17 <u>St Patty's Day \$4.00</u>  Irish Beef Stew Deluxe Tossed Salad Cornbread Green Jello w/ Topping	18 Cheeseburger w/ Lettuce & Tomato Creamy Potato soup Fresh Fruit	19 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Cookie	20  BBQ Pork Ribette Brown Rice Green Beans Pineapple Delight	21 <u>BREAKFAST</u> Cheese Omelet w/ peppers, onions, cheese Sausage Patty Hash brown French Toast sticks w/ Syrup Juice
24 Grilled Chicken Salad Cream of Broccoli Soup Dinner Fruited Gelatin	25 Burgundy Glazed Meatballs Rice Carrots Italian Breadstick Mandarin Oranges	26 Pork Loin w/ Onion Gravy Cubed Potatoes Cauliflower White Bread Pears	27 Open Faced Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables White Bread Pudding	28 Potato Crusted Fish Buttered Noodles Stewed Tomatoes Breadstick Pineapple
31 Pizza Burger Chips Coleslaw Peach Crisp	Please remember to sign up for your meals 2 business day ahead	Sign up by March 10 <sup>th</sup> by 12:00 for a St. Patrick's Day Meal	Cold Sandwich this month is Egg Salad Sandwich. Side dishes are still included. Please notify staff when making your reservation	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

## MARCH 2025

724-376-3608

Senior Center Hours:

Monday – Friday

8:30 – 4:30

