

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

May 1- Birthday Party & Floats

May 6th- Fire Drill @ 11:15

May 7th- Pinecone Bird Feeder Craft

May 10th Mother's Day Games

May 13th- McQuistonator (Cost \$1.00)

May 15th - Lakeview Kids singing "This is America". Please be respectful and be here by 10:45!!!

May 20th- Special Breakfast \$1.00

May 22nd- Field Trip to Lisa's




May 24th- Memorial Day- Pancake Breakfast (\$1.00 donation) Activities & Lunch @ the Park


May 27th- Closed...Memorial Day

May 29th- Tornado Drill

***Active members---**

Anyone who has been to our center at least 2x in the last month for lunch*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>All special breakfasts are served from 8:30-9:30 and we ask for \$1.00 donation.</i></p>	<p><i>"America without her soldiers would be like God without His angels"</i></p>	<p>1 <u>BIRTHDAY!! \$3.00</u></p> <p>9:15 Inspirational Hour 9:45-10:45 Seniorcise 11:00 Root Beer Floats 12:00 Lunch</p>	<p>2</p> <p>9:15 Euchre 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Exercise Room <u>Sign up for Mother's Day Meal</u></p>	<p>3 <u>Pre-Register by today @ 12:00 for Mother's Day meal</u></p> <p>9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 2:00 Zumbacize</p>
<p>6</p> <p>10:00 Seniorcise  11:15 DRILL 12:00 Lunch 12:30 Bridge</p>	<p>7 Happy B-Day Darlene V.</p> <p>9:00 Shuffleboard 10:00 Euchre 11:00 Pinecone Bird Feeder Craft w/ Little Jenna (free) 12:00 Lunch 12:30 500</p>	<p>8</p> <p>9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch Bingo Happy B-Day Dorothy W.</p>	<p>9</p> <p>10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Checkers Happy B-Day tomorrow Ron K.</p>	<p>10 MOTHER'S DAY \$3.00</p> <p>10:00-12:00 Games w/ Prizes 11:00 Planting flowers in cups <i>Free meal to all active member mothers</i> 12:00 Lunch 2:00 Zumbacize</p>
<p>13 <u>McQuistonator \$1.00</u></p> <p>10:00 Seniorcise 10:30 BP Screening 11:00 Tom Hall- Speaker 12:00 Lunch 12:30 Bridge</p>	<p>14</p> <p>9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>15</p> <p>9:15 Inspirational Hour 10:00 Seniorcise 11:00 Lakeview Kids singing "This is America!" 12:00 Lunch</p>	<p>16</p> <p>9:15 Euchre 10:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Exercise Room <u>Don't Forget to Sign Up for Memorial Day Meal</u></p>	<p>17 <u>Pre-Register by today @ 12:00 for Memorial Day meal</u></p> <p>9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Uno</p>
<p>20 <u>Special Breakfast \$1.00</u></p> <p>10:00 Seniorcise 11:00 Cross Home Care 12:00 Lunch 12:30 Bridge</p>	<p>21</p> <p>9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 Happy B-Day Donna S.</p>	<p>22 Fieldtrip to Lisa's Flea Market & Wendy's</p> <p>9:15 Inspirational Hour 9:30 Seniorcise 12:00 Lunch Bus Leaves at 9:30>Returns around 12:30 (Pre-Register)</p>	<p>23</p> <p>10:00 Line Dancing w/ Kay 11:00 Hallmark Card Club 12:00 Lunch 1:00 Checkers</p>	<p>24 MEMORIAL DAY \$3.00</p> <p><i>Free meal for our active member veteran's</i> 8:30-9:30 Pancake Breakfast 10:30-12:00- Outside activities 12:00 Lunch @ the Park <i>(Inside activities if it rains)</i> <i>{No Exercise class today}</i></p>
<p>27 CLOSED!</p> 	<p>28</p> <p>9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>29</p> <p>9:15 Inspirational Hour 10:00 Seniorcise 11:15 Tornado Drill  12:00 Lunch Bingo</p>	<p>30</p> <p>10:00 Line Dancing w/ Kay 9:15 Euchre 12:00 Lunch 1:00 Checkers</p>	<p>31</p> <p>9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 2:00 Zumbacize</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<i>The cold option for May is: Meat Salad Sandwich</i>	<u>Pre-Register for meals 2 business days ahead</u> Monday- Wednesday Tuesday-Thursday Wednesday- Friday Thursday-Monday Friday- Tuesday	1 <u>BIRTHDAY \$3.00</u> Cheese Omelet w/ Sausage Patty Hashbrown & English Muffin Juice Cup	2 Grilled Chicken Caesar Salad Cream of Broccoli Soup Dinner Roll Blushed Pears	3 Mango BBQ Chicken Breast Brown Rice Carrots & Wheat Bread Fresh Orange
6 Country Fried Chicken w/ Gravy Mashed Potatoes Mixed Veggies Cinnamon Applesauce	7 Crab Cakes w/ Tartar Sauce White Rice Island Blend Veggies Wheat Bread Peach Crisp	8 Stadium Hot Dog Potato Salad Baked Beans Pineapple	9 Salisbury Steak w/ Gravy Baked Potato Broccoli Wheat Bread Gelatin	10 <u>MOTHER'S DAY!!! \$3.00</u> Stuffed Chicken Breast w/ Gravy Baked Potato California Blend & Dinner Roll Cherry Cheesecake
13 Baked Cabbage Roll Garlic Whipped Potatoes Carrots White Bread Fresh Fruit of the Day	14 Swedish Meatballs w/ Gravy Buttered Noodles Peas Dinner Roll Cookie	15 Roast Pork w/ Sauerkraut Mashed Potatoes Mixed Veggies Wheat Bread Fresh Fruit of the Day	16 Breaded Fish w/ Tartar Sauce Macaroni & Cheese Stewed Tomatoes Wheat Bread Mandarin Oranges	17 Taco Salad (Taco meat, Cheese, Lettuce, Salsa & Chips) Corn w/ Pimentos Pineapple
20 Baked Beef Ravioli w/ Cheese Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit of the Day	21 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes Sweet Corn Cookie	22 Chicken Spinach Cranberry Salad Beets Breadstick Mixed Fruit	23 Roast Beef w/ Gravy Mashed Potatoes Mixed Veggies White Bread Pudding	24 <u>MEMORIAL DAY \$3.00</u> <u>{Picnic @ the Park}</u> <u>Cheeseburger w/ Lettuce & Tomato</u> <u>Macaroni Salad</u> <u>Bag of Chips</u> <u>Poke Cake</u>
27 CLOSED 	28 Teriyaki Chicken Vegetable Rice Pilaf Oriental Blend Veggies Wheat Bread Fresh Fruit of the Day	29 Sliced Ham w/ Pineapple Sauce Sweet Potato Green Beans Dinner Roll & Cookie	30 Pork Loin w/ Onion Gravy Buttered Pasta California Blend Wheat Bread Peach Crisp	31 Tuna Salad Sandwich w/ Lettuce & Tomato Tomato Soup Fresh Fruit of the Day

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

MAY 2024

Director: Shawna Breese



724-376-3608

Senior Center Hours:

Monday – Friday

8:30 – 4:30

