



# 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. Current maximum occupancy is 2 at a time in the fitness room. \*\*

\*\*Activities subject to change. \*\*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>"America without her soldiers would be like God without His angels"</i></p>	<p><i>Coming up&gt;&gt;&gt;Shuffleboard Tournament will be on June 9<sup>th</sup>. Please fill out your registration and save the date!</i></p>	<p><i>Happy Mother's Day to all our mothers!</i></p>	<p><i>We remember all those who fought for this country and died for this country. They made this country what it is today. God bless our service men and women and God bless America!</i></p>	<p>1 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Fitness Room <b>50/50</b> <i>Sign up by 12:00 for Mother's Day Meal</i></p>
<p>4 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p>5 <b>Special Breakfast \$1.00</b> 8:30-9:30 Special Breakfast 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>6 <del>BIRTHDAY \$4.00</del> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <i>Ukuladies Gone Wild</i> 12:00 Lunch</p>	<p>7 10-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Fitness Track</p>	<p>8 <b>MOTHER'S DAY \$4.00</b> 10:00 Planting seeds in cup 11:00 Games &amp; Prizes Come share a story about your mother Mother's Eat for Free for Active Members</p>
<p>11 10:00 Seniorcise 11:00 Checkers 12:00 Lunch 12:30 Bridge</p>	<p>12 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>13 <b>WAFFLES</b> 8:30-9:30 Waffles 9:15 Inspirational Hour 10:00 Seniorcise 10:45 <i>Patriotic Craft w/ Val</i> 12:00 Lunch</p>	<p>14 10:00-12:00 Line Dancing 12:00 Lunch</p>	<p>15 <b>50/50</b> 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Fitness Track Sign up by 12:00 today for Memorial Day meal</p>
<p>18 10:00 Seniorcise 11:00 Cornhole 12:00 Lunch 12:30 Bridge</p>	<p>19 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p>20 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Lakeview Choir <i>"America, the Beautiful"</i> 12:00 Lunch</p>	<p>21 <b>Early lunch Today!</b> 9:00-11:00 Line Dancing 11:00 LUNCH <b>Closing at 12:00 today!</b></p>	<p>22 <b>Memorial Day Party \$4.00</b> 11:00-1:00 Outside Picnic (weather permitting) Come play cornhole and socialize 12:00 Lunch</p>
<p>25 <b>CLOSED</b> </p>	<p>26 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p>27 9:15 Inspirational Hour 10:00 Seniorcise 11:00 L.of J.- Bingo (free) 12:00 Lunch 1:00 Fitness Track</p>	<p>28 10:00-12:00 Line Dancing 12:00 Lunch</p>	<p>29 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room</p>
<p>Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797</p>				

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Cold option of the month is Cold Meatloaf Sandwich. The cold sandwich is served with the sides of the day.</i>	<u>Meal Sign up by 12:00 NOON</u> Monday for Wednesday Tuesday for Thursday Wednesday for Friday Thursday for Monday Friday for Tuesday	Please sign up by May 1 <sup>st</sup> by noon for the Mother's Day Meal	<i>Please cancel your meal by 10:00 if you're not going to be here or a charge will be added to your account.</i>	1 Creamy Tuna Salad Sandwich Crispy Broccoli Salad Pickled Beet Salad Fresh Fruit of the Day
4 Oven Baked Lasagna Roll w/ Cream of Spinach Sauce Peas & Pearl Onions Medley	5 Italian Meatball Sub Pasta Fagioli Soup Garden Tossed Salad Fresh Fruit of the Day	6 <u>Birthday \$4.00</u> Roasted Turkey w/ Gravy Garlic Mashed Potatoes Seasoned Sweet Corn Cake & Ice Cream	7 Classic Cheeseburger Golden Roasted Potatoes Vegetable Medley Mandarin Oranges	8 <u>Mother's Day Meal \$4.00</u> Stuffed Chicken Breast Baked Potato California Blend Vegetables Dinner Roll Cheesecake w/ Strawberries
11 Swedish Meatballs Buttered Pasta Seasoned Broccoli Dinner Roll Warm Spiced Peaches	12 Roasted Turkey Chef Salad Hearty Vegetable Soup Wheat Bread Fruited Flavored Gelatin	13 Creamy Chicken Salad Marinated Tomato Cucumber Salad Macaroni Salad Fresh Fruit of the Day	14 Hot Dog on the Grill Cheddar Cheese Potatoes Seasoned Green Peas Sweet Pineapple Tidbits	15 Chopped Beef Steak Baked Potato Mixed Vegetables Wheat Bread Fresh Baked Cookie
18 Potato Crusted Pollock Sweet Corn & Red Peper Relish Macaroni & Cheese Stewed Tomatoes Wheat Bread & Fresh Fruit	19 Classic Penne w/ Meatballs Garden Tossed Salad Garlic Herb Breadstick Warm Spiced Apples	20 Tender Roast Beef Mashed Potatoes & Gravy Seasoned Carrots White Bread Warm Spiced Peaches	21 <u>Lunch is @ 11:00 Today</u> Southwest Taco Salad w/ Tortilla Chips Seasoned Corn Sweet Pineapple Tidbits	22 <u>Memorial Day \$4.00</u> <i>Hot Dog on the Grill</i> <i>Baked Beans</i> <i>Macaroni Salad</i> <i>Melon</i> <i>Stuffed Cupcakes</i>
25 <b>CLOSED</b> 	26 Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread Fruited Flavored Gelatin	27 Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread Fresh Fruit of the Day	28 Chicken, Spinach Cranberry Salad Creamy Cauliflower Soup Chocolate Pudding	29 BBQ Pork Rib Sandwich Seasoned Sweet Corn Oven Roasted Brussel Sprouts Fresh Fruit of the Day

# McQuiston Center

*by the Park*

29 Railroad Street  
Sandy Lake

## MAY 2026



724-376-3608

Senior Center Hours:

Monday – Friday

8:30 – 4:30

