




# 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.)

	Tuesday	Wednesday	Thursday	Friday
<p>Waffles are served Mondays-Wednesdays, except on Special Breakfast days. Waffles served 8:30-9:30.</p>	<p><b>1</b> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p><b>2</b> <u><i>\$4.00 B-Day Party</i></u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Mock Debate Finale and New President Announced</p>	<p><b>3</b> 9:15 Euchre 10:00-12:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room</p>	<p><b>4</b> 10:00 Arthritiscize 12:00 Lunch 1:00 Euchre</p> 
<p><b>7</b> 8:30-9:30 Special Breakfast 10:00 Seniorcise and BP Screenings 11:00 Tom Hall 12:00 Lunch 12:30 Bridge</p>	<p><b>8</b> 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p><b>9</b> <u><i>FLU/COVID CLINIC</i></u> 9:15 Inspirational Hour 10:00-12:00 <b>Flu/ Covid Clinic</b> 1:00 Euchre <b>Seniorcise- Cancelled</b></p>	<p><b>10</b> 9:15 Euchre 10:00-12:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Fitness Room</p>	<p><b>11</b> <u><i>Wooden Wishes Trip</i></u>  10:00 Arthritiscize 9:30 Bus leaves for Wooden Wishes&gt;Returns at 11:30 (Wear comfy shoes)</p>
<p><b>14</b> CLOSED</p> 	<p><b>15</b> 9:00 Shuffleboard 10:30 Bingocize 12:00 Lunch 12:30 500</p>	<p><b>16</b> 9:15 Inspirational Hour 10:00 Seniorcise <i>11:00 Name that Tune w/ Seniors Helping Seniors</i> 12:00 Lunch</p>	<p><b>17</b> 9:15 Euchre 10:00-12:00 Line Dancing w/ Kay 12:00 Lunch 1:00 Bingocize</p>	<p><b>18</b> 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Euchre</p> <p style="text-align: center;"><b>50/50</b></p>
<p><b>21</b> 8:30-9:30 Special Breakfast 10:00 Seniorcise <i>11:00 Q &amp; A Medicare (By Hynes Insurance)</i> 12:00 Lunch 12:30 Bridge</p>	<p><b>22</b> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500</p>	<p><b>23</b> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <b>DOT Clinic with Highway Safety Network</b> 12:00 Lunch</p>	<p><b>24</b> 10:00-12:00 Line Dancing 10:00 Dominoes 12:00 Lunch <b>Last day to sign up for the Halloween Party Meal- Sign up by 12:00</b></p>	<p><b>25</b> 9:30 Arthrtiscize 10:30 Horse Racing and 50/50 12:00 Lunch 1:00 Euchre</p> 
<p><b>28</b> 10:00 Seniorcise 12:00 Lunch 12:30 Bridge</p>	<p><b>29</b> 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500</p>	<p><b>30</b> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Uno</p>	<p><b>31</b> <u><i>\$4.00 Halloween Party</i></u> 10:00-12:00 <i>Halloween Party w/ Dreamcatchers</i> 11:00 <i>Costume Contest</i> 1:00 <i>Line Dancing</i></p>	<p>Special Breakfast donations are \$1.00, but you can give more if you choose.</p>
Mercer County Area Agency on Aging, Inc.		724-662-6222	Mercer County Community Transit 1-800-222-8797	

Monday	Tuesday	Wednesday	Thursday	Friday
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.	1 Sloppy Joe Roasted Sweet Potato Tots Green Beans Peaches	2 <u>\$4.00 Birthday</u> Chicken Bacon Carbonara Over Pasta Peas Breadstick Cake & Ice Cream	3 Stuffed Pepper Garlic Mashed Potatoes Carrots White Bread Lumpy Pudding	4 Turkey Chef Salad Vegetable Soup w/ Crackers Dinner Roll Fresh Fruit of the Day
7 Potato Crusted Fish Buttered Noodles Stewed Tomatoes Breadstick Pineapple	8 Baked Meatloaf w/ Gravy Baked Potato w/ Sour Cream Peas White Bread Fresh Fruit of the Day	9 Popcorn Chicken Bowl w/ Mashed Potatoes Corn Side Biscuit Fresh Fruit of the Day	10 BBQ Ribette Brown Rice Green Beans Pineapple Delight	11 Stadium Hot Dog Tater Tots Pickled Beets Mandarin Oranges
14 <i>Columbus Day</i> 	15 Country Fried Chicken w/ Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Apple Crisp	16 Sliced Ham w/ Raisin Sauce Sweet Potato Peas & Carrots Dinner Roll Fresh Fruit of the day	17 Cheeseburger w/ Lettuce & Tomato Creamy Potato Soup Fresh Fruit of the Day	18 Open Faced Turkey Sandwich w/ Gravy Whipped Potatoes w/ Chives Sweet Corn White Bread Cookie
21 BBQ Pulled Pork Sandwich Ranch Potatoes Coleslaw Fresh Apple	22 Cheese Omelet w/ Peppers & Onions 2 Sausage Patties French Toast Sticks Hashbrown & Juice	23 Grilled Chicken Salad Creamy Broccoli Soup Dinner Roll Fruited Gelatin	24 Burgundy Glazed Meatballs over Rice Carrots Italian Breadstick Mandarin Oranges	25 Chicken Alfredo over Noodles Broccoli Garlic Breadstick Warm Apple Cranberry Crisp
28 Open Faced Roast Beef w/ Gravy Mashed Potatoes Mixed Vegetables White Bread Lumpy Pudding	29 Pork Loin w/ Onion Gravy Cubed Potatoes Cauliflower Wheat Bread Pears	30 Pizza Burger w/ Mozzarella Chips Cole Slaw Peach crisp	31 <u>\$4.00 Halloween Party</u> Sweet Sausage w/ Peppers & Onions Tator Tots Coin Carrots Orange Poke Cake w/ Topping	<i>The cold option of the month is <u>HAM &amp; CHEESE SANDWICH</u>. The cold sandwich is served with the sides of the day. Please notify staff when reserving.</i>

# McQuiston Center

*by the Park*

29 Railroad Street  
Sandy Lake

## October 2024



Director: Shawna Breese

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

