

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.)

Please remember to sign up for special holiday meals at least 7 days prior.

Our Halloween party may just be the SPOOKIEST Halloween party we have ever had!

	Tuesday	Wednesday	Thursday	Friday
Please arrive at least 15 minutes prior for lunch so that your meal may be reserved.	Donations for the November auction may be dropped off at the center. Please do not bring clothing, books, or pictures.	If you come to our birthday party in your birthday month, your meal is free.	1 10:00-12:00 Line Dancing 12:00 Lunch 1:00 Fitness Room Walk 10+ laps= 50/50 ticket	2 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room
5 12:00 Lunch 12:30 Bridge 1:00-4:00 Puzzle Time	6 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 1:00-4:00 Puzzle Time	7 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 <i>Hey Joe Entertainment</i> 12:00 Lunch 1:00 Fitness Room	8 <u>Wooden Wishes Trip</u> 9:30 Bus leaves 10:00-12:00 Line Dancing 12:00 Lunch 1:00 Fitness Room Walk 10+ laps= 50/50 ticket	9 <u>FLU/COVID CLINIC</u> 10:00-12:00 Giant Eagle Flu/Covid Clinic 12:00 Lunch 1:00 Exercise Room Arthritiscize- Cancelled (Please bring insurance card for vaccine)
12 <u>CLOSED</u> 	13 9:00 Shuffleboard 10:30 <i>Halloween Prize Bingo</i> (\$3.00) 12:00 Lunch 12:30 Bridge (back room) 12:30 500	14 <u>Waffles</u> 9:15 Inspirational Hour 8:30-9:30 Waffles 10:00 Seniorcise 11:00 Open Enrollment <i>12:00 Lunch BP Screenings today</i>	15 10:00-12:00 Line Dancing 12:00 Lunch Walk 10+ laps= 50/50 ticket	16 9:30 Arthritiscize 10:30 Horse Racing & 50/50 12:00 Lunch 1:00 Euchre
19 <u>Special Breakfast</u> 8:30-9:30 Special Breakfast 10:00 Seniorcise <i>12:00 Lunch</i> 12:30 Bridge 1:00-4:00 Puzzle Time	20 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 1:00-4:00 Puzzle Time	21 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Fraud Prevention presented by GCFU 12:00 Lunch	22 10:00-12:00 Line Dancing 10:00 Dominoes 12:00 Lunch Tomorrow is the Last day to sign up for the Halloween Party Meal- Sign up by 12:00	23 9:30 Arthrtiscize 10:30 Horse Racing and 50/50 12:00 Lunch 1:00 Euchre 
26 10:00 Seniorcise <i>12:00 Lunch</i> 12:30 Bridge 1:00-4:00 Puzzle Time	27 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	28 <u>Chili Cook-Off</u> 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch Have your chili here by 10:45 in a crockpot	29 10:00-12:00 Line Dancing 12:00 Lunch Walk 10+ laps=50/50 ticket	30 <i>\$4.00 Halloween Party</i> <i>10:00-12:00 Halloween Party w/ Dreamcatchers</i> <i>11:00 Costume Contest</i> <i>50/50</i>
Mercer County Area Agency on Aging, Inc. 724-662-6222 Mercer County Community Transit 1-800-222-8797				

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Suggested donation for meal is \$3.00. We ask you to register 2 business days in advance.	<i>The cold option of the month is HAM & CHEESE SANDWICH. The cold sandwich is served with the sides of the day. Please notify staff when reserving.</i>	<i>Please be sure to sign up for a meal at least 2 business days ahead. And 7 days for special meals.</i>	1 Classic Cheeseburger Golden Roasted Potatoes Vegetable Medley Soup Banana	2 Roasted Turkey w/ Gravy Garlic Mashed Potatoes Seasoned Sweet Corn Fresh Baked Cookie
5 Breakfast Omelet Corn beef Hash Roasted Cinnamon Brown Sugar Potatoes Orange Juice	6 Chicken & Spaetzel Dumpling Soup Garden Tossed Salad Brown Sugar Glazed Carrots Buttery Biscuit, Orange	7 <u>Birthday \$4.00</u> Swedish Meatballs Buttery Parsley Pasta Steamed Seasoned Cauliflower Fruit Medley	8 Hot Dog Cheddar Cheese Potatoes Seasoned Green Peas Orange	9 Grilled Chicken Cacciatore Parmesan Garlic Broccoli Buttery Parsley Pasta Banana
12 <u>Columbus Day</u> 	13 Meatballs Parmesan Buttered Parsley Penne Pasta Seasoned Broccoli Sweet Pineapple Tidbits	14 BBQ Grilled Chicken Breast Southern Braised Collar Greens Spiced Apples w/ Oats Dinner Roll	15 Chicken Philly Hoagie Cream of Potato Soup Garden Tossed Salad	16 Tender Roast Beef w/ Pam Gravy Mashed Potatoes Winter Blend Veggies Banana White Bread
19 Parmesan Garlic Chicken Salad Mandarin Oranges Fresh Baked Cookie Dinner Roll	20 Crispy Pollock Fillet Stewed Tomatoes Macaroni & Cheese Orange	21 BBQ Pork Rib Sandwich Steamed Seasoned Cauliflower Homestyle Coleslaw Spiced Apples	22 Baked Meatloaf w/ Caramelized Onions Gravy Garlic Mashed Potatoes Seasoned Peas Wheat Bread & an Orange	23 Homemade Chili over a Baked Potato Tossed Salad Garlic Herbed Breadstick
26 Crispy Dill Chicken Sandwich Golden Roasted Potatoes Winter Blend Vegetables	27 Slow Roasted Pork Loin w/ Cranberry Orange Sauce Steamed Brown Rice Brussel Sprouts Banana	28 Grilled Chicken Supreme w/ Chicken Gravy Buttered Carrots Herbed Rice Pilaf Orange & Cookie	29 Southwest Taco Salad w/ Tortilla Chips Seasoned Sweet Corn Mandarin Oranges	30 <u>\$4.00 Halloween</u> Sweet Sausage w/ Peppers & Onions Tator Tots Sliced Carrots Orange Poke Cake w/ Topping

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

October 2026



Director: Shawna Breese

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

