

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.)

To all our Veterans.....Thank you for your service.

To you and your family.....Happy Thanksgiving!

	Tuesday	Wednesday	Thursday	Friday
3 10:00 Seniorcise 12:00 Lunch 12:30 Bridge <i>Sign up by 12:00 for Veteran's Day Meal</i>	4 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	5 <u>\$4.00 B-Day Party</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Gospel Singer/ Piano man Jon Sirano	6 10:00-12:00 Line Dancing 10:30 Domino Club 12:00 Lunch 1:00 Fitness Room	7 9:30 Arthritiscize 10:30 <i>Horse Racing</i> 12:00 Lunch 50/50
10 <u>Veteran's Day \$4.00</u> 9:00-11:00- View Military Gallery 11:00 Tom King Veteran's Program 12:00 Lunch 12:30 Bridge All our Veteran's eat for free today!	11 <u>CLOSED</u> 	12 <u>Daisy Townsend</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 DAISY TOWNSEND 12:00 Lunch 1:00 Tax Assessment	13 10:00-12:00 Line Dancing 12:00 Lunch 12:30 500	14 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch <i>Please sign up by 12:00 today for the Thanksgiving meal!</i>
17 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	18 <u>Waffles</u> 8:3-9:30 Waffles 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	19 <u>Cake Cook-Off</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:30 Cake Tasting & Cook-off 12:00 Lunch <i>Have your cake here by 10:45 to be judged.</i>	20 10:00-12:00 Line Dancing 10;00 Domino Club 12:00 Lunch	21 <u>Thanksgiving \$4.00</u> 10:00-10:30 Arthritiscize 10:30 Making Ice Cream (free) 11:30 Turkey Basket Drawing 50/50
24 <u>Pancake Breakfast</u> 8:30-9:30 Pancake Breakfast 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	25 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	26 9:15 Inspirational Hour 10:00 Seniorcise 12:00 Lunch 1:00 Wii Bowling	27 <u>CLOSED</u> 	28 <u>CLOSED</u> 
December 1st- Field Trip to Daffins & Bob Evans <i>Mercer County Area Agency on Aging, Inc. 724-662-6222</i>	December 11th- Field Trip to Kraynaks & Wendy's <i>Mercer County Community Transit 1-800-222-8797</i>	Thank you to all our Veteran's for your service! We love you! <i>Mercer County Community Transit 1-800-222-8797</i>	<i>Don't forget to pre-register for Veteran's & Thanksgiving Meal at least 1 week prior.</i> <i>Mercer County Community Transit 1-800-222-8797</i>	Special Breakfast donations are \$1.00, but you can give more if you choose. <i>Mercer County Community Transit 1-800-222-8797</i>

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Alfredo over Buttered Pasta Lemon Pepper Broccoli Breadstick Pudding	4 Meatball Sub Side Salad w/ Tomato Pears	5 <u>\$4.00 Birthday</u> Chicken Cutlet w/ Country White Gravy Mashed Potatoes Brussel Sprouts Wheat Bread Cake & Ice Cream	6 Roasted Pork w/ Gravy Parsley Potatoes Carrots Dinner Roll Blushed Fruit	7 Bacon Cheeseburger Cauliflower Soup Fresh Fruit of the Day
10 <u>Veteran's Day \$4.00</u> Pot Roast w/ Gravy Baked Potato Peas & Carrots Dinner Roll Stuffed Cupcake	11 CLOSED 	12 BBQ Pulled Pork Sandwich Ranch Cubed Potatoes Green Beans Pineapple & Mandarin Cocktail	13 Grilled Chicken Salad w/ Dressing Broccoli Soup Breadstick Fresh Fruit of the Day	14 Sweet Sausage w/ Peppers & Onions Garlic Parsley Potatoes Green Beans Mandarin Oranges
17 Fish Sandwich Cole Slaw Mac & Cheese Blushed Fruit	18 Grilled Hot Dog Roasted Sweet Potatoes Peas Pineapple & Mandarin Oranges	19 Roast Beef w/ Gravy Mashed Potatoes Carrots Whole Wheat Bread Fresh Fruit of the Day	20 Chili w/ Cheddar Cheese Side Salad w/ Tomato Cornbread Apple Crisp	21 <u>Thanksgiving Meal \$4.00</u> Turkey w/ Stuffing Whipped Potatoes w/ Chives Sweet Corn Dinner Roll Pumpkin Pie w/ Topping
24 Turkey w/ Provolone Corn Chowder Fresh Fruit of the Day	25 Swedish Meatballs over Buttered Pasta Green Peas Breadstick Fruited Gelatin	26 <u>Blunch Meal</u> Cheese Omelet Sausage Links Hashbrown English Muffin w/ Jelly Orange Juice	27 CLOSED 	28 CLOSED 
Upcoming event: Dec. 1 st - Daffins & Bob Evans/ Dec.11 th - Kraynaks & Wendy's. Pre-registration by Nov. 1 st only	<i>I am thankful for each and every one of you. I am thankful that we have a wonderful place to come to and socialize. And I am thankful that we live in a wonderful country! -Shawna</i>	<i>Be thankful for everything you have. Even if you feel you don't have much, there is always someone who would love to have the smallest thing you have.</i>	Suggested donation for meal is \$3.00. We ask you to register 2 days in advance.	<i>The cold option of the month is <u>Bologna& 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

November 2025



724-376-3608

Senior Center Hours:
Monday – Friday
8:30–4:30

