

Shenango Valley Senior Center

November 2025

Happy Birthday: Linda Barnes, Catherine Monnin, Laura Murphy, Bill Mitcheltree, Cyndi Stefanak, Mary Hensley, Joellen Cain, Anita Heichel, Darlene Debellis, Robert Hartwick, Patricia Milliron, Ron Weston, Judy Brozovich, Cindy Inman, Henry Lindsey, Rosemary Ryhal, Patricia Bulick, Pat Mudrinich, Judy Rocco, and Jesus Rosales

November 4th – Attorney Hartle: *“How to handle irresponsible children or grandchildren in your Last Will & Testament.”*

November 5th – Jessica Korab from Caretenders
“Holiday Depression”

November 6th – Prize Bingo with Brianna / Nova Hospice

November 6th – Wellness Support with Noreen

November 7th – Mercer County Tax Reassessment Project
– In the multi purpose room – question and answer session.

November 7th – Music: Hey Joe

November 10th – Music Max Shang

November 12th - Coffee Chat with Mande from Amedsys

November 13th - Prize Bingo with Kavon Wright from Highmark Wholecare

November 17th – Kim Cramer from McGonigles speaks “

November 18th –Kelly Bianco from the Life Program –
“Veterans Presentation”

November 19th – Center Council Meeting

November 20th - Prize Bingo with Rachel from Embassy Health

November 21st – Music Terry Dach

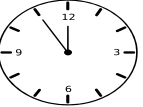
November 24th - Cindy Durst from Primary Health

November 24th – Christmas craft with Sherry Please sign up and front desk

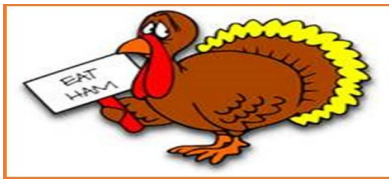
November 25th – Learn how to work air dry clay

November 26th - Robert McGoff from Seniors Helping Seniors “Name that Tune”

****Craft Class to Make a broken jewelry Christmas tree will be offered November 7th and 21st at 1pm in the dining room – space limited please sign up**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mercer County Area Agency on Aging, Inc.</i> <i>133 N. Pitt Street, Mercer</i> <i>724-662-6222</i>		Change batteries in your smoke detectors	 <i>Turn Clocks Back</i> <i>November 2nd</i>	
3 9:00 Breakfast 9:30 Bingocize 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:00 Learn to Crochet with Ruth 1:30 Arthritis Exercise	4 9:00 Breakfast 9:30 Craft 11:00 Legal Advice Election Day Bake Sale <i>Election Day</i> <i>No Exercise Classes</i>	5 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	6 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Wellness Support 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginners 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginners	7 Happy Birthday Party  9:00 Breakfast 9:30 Director's Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Craft 1:00 Mercer County Tax Reassessment Project
10 Veterans Day Party 9:00 Breakfast 9:30 Bingocize 11:00 Zumba 11:00 Entertainment 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:00 Learn to Crochet with Ruth 1:00 Euchre Group 1:30 Arthritis Exercise	11 <i>Happy Veterans Day</i> <i>Center Closed</i>	12 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Coffee Chat Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1-4 Me Again Boutique 1:30 Arthritis Exercise 1:30 Art Group	13 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginners	14 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Director's Prize Bingo 1:00 Line Dance
17 9:00 Breakfast 9:30 Bingocize 10:30 Inspirational Tymes 11:00 Speaker 11:00 Zumba 12:30 Chair Zumba 1:00 Learn to Crochet with Ruth 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	18 9:00 Breakfast 9:00 Total Body Fitness 10:30 Speaker 10:00 Sculpt & Strengthen 10:30 Speaker - presentation 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginners 1:30 Ultra Bingo	19 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Center Council Meeting 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	20 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Educational Prize Bingo 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginners	21 Thanksgiving Party 9:00 Breakfast 9:30 Turkey Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Craft
24 9:00 Breakfast 9:00 Bingocize 10:00 Craft with Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Learn to Crochet with Ruth 1:00 Euchre Group 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise	25 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work with Rosemary 10:00 Sculpt & Strengthen 10:30 Book Club in Seminar Room 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga	26 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Speaker 11:00 Therapy Dogs in TV Lounge 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	27  <i>Center Closed</i>	28 <i>Center Closed</i>

Cold Meal Option for the month: Bologna & Cheese Sandwich, Side & Dessert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Alfredo Buttered Pasta Lemon Pepper Broccoli Breadstick Pudding	4 Meatball Sub on a bun w/Mozzarella Cheese Tossed Salad w/ Tomato Pears	5 Chicken Cutlet w/ Country White Gravy Mashed Potatoes Brussel Sprouts Wheat Bread w/butter Fresh Fruit	6 Roasted Pork w/ Gravy Parsley Potatoes Carrots Dinner Roll w/butter Blushed Pears	7 <i>Birthday Party \$4.00</i> Bacon Cheese Burger Cauliflower Soup Crackers Fresh Fruit Cake and Ice Cream
10 <i>Veteran's Day \$4.00</i> Pot Roast w/ Gravy Baked Potato/ Sour Cream Peas & Carrots Dinner Roll w/butter Stuffed Cupcake	11 <i>Veteran's Day Center Closed</i> 	12 BBQ Pulled Pork on a Bun Ranch Cubed Potatoes Green Beans Pineapple/Mandarin Oranges	13 Grilled Chicken Salad Broccoli Soup Crackers Breadstick Fresh Fruit	14 Sweet Sausage on a bun With Peppers & Onions Garlic Parsley Potatoes Green Beans Mandarian Oranges
17 Breaded Fish Sandwich Tartar Sauce Macaroni & Cheese Coleslaw Blushed Fruit	18 Stadium Hot Dog on a Bun Roasted Sweet Potatoes Peas Pineapple/Mandarin Oranges	19 Roast Beef Mashed Potatoes and Gravy Carrots Whole Wheat Bread Fresh Fruit	20 Chili topped with Cheese Crackers Tossed Salad w/Tomato Cornbread Apple Crisp	21 <i>Thanksgiving Party \$4.00</i> Turkey with Stuffing Whipped Potatoes w/Gravy Corn Dinner Roll Cranberry Sauce Pumpkin Pie w/Topping
24 Turkey/Provolone Sandwich Lettuce & Tomato Corn Chowder w/ Crackers Fresh Fruit	25 Swedish Meatballs Buttered Pasta Peas Breadstick Fruited Gelatin	26 Cheese Omelet Sausage Links Hashbrown Fresh Toast Sticks/Syrup Orange Juice	27 <i>CLOSED</i> 	28 <i>CLOSED</i> 
PLEASE BE HERE BY 11:30 TO RESERVE YOUR LUNCH. IF YOU NEED TO CANCEL, PLEASE CALL US SO WE CAN OFFER YOUR LUNCH TO ANY ONE ELSE HERE IN THE BUILDING WANTING ONE. THANK YOU	DAILY MENUS ARE SUBJECT TO CHANGE. ALL MENUS MEET OR EXCEED 1/3 OF THE DAILY RECOMMENDED ALLOWANCE FOR OLDER ADULTS. DAILY MENU INCLUDES 8 OZ. MILK			

November 2025

HOME OF THE FREE BECAUSE OF THE BRAVE

SENIOR CENTER HOURS:
MONDAY-FRIDAY
8:30 AM–4:30 PM
CLOSED WEEKENDS
AND HOLIDAYS

Please allow 2 business day notice by 2PM to reserve a lunch

All party reservations are needed to be PREPAID & ordered one week in advance.

No one will be denied a meal because of inability to make a donation.