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Shenango Valley Senior Center
November 2026

Happy Birthday: Mariam Sanders, Deborah Ellibie, Gary Podobnick, Carol McCormick, Linda Barnes, Cindy Miely, Rebecca Scott, Laura Murphy, Cyndi Stefanak, Michael Missik, Mary Kay Chestnut, Mary Hensley, Linda Cady, Joellen Cain, Michelle Christman, Darlene Debellis, Patricia Milliron, Sherry Stanton, Judy Brozovich, Cindy Inman, Rosemary Ryhal, Cathy Palmer, Patricia Bulick, Pat Mudrinich, Diane Brinkman and Judy Rocco

November 3rd – Attorney Hartle *"When your POA might not work"*
November 4th – Jessica Korb presents "Diabetes/Lung Cancer"
November 4th – Flu Shot Clinic sponsored by Giant Eagle
November 5th – Wellness support with Noreen Sokolak
November 6th – Prize Bingo
November 6th – Music: Greg Vanderveen
November 9th – Anna Shears "Beating the holiday blues"
November 10th – Music: Tammy O'Marrie
November 12th – Educational Prize Bingo with Kavon from Highmark
November 13th – Attic Antique Treasures in the Dining Room
November 17th – Educational Prize bingo with Kelly Bianco from the Life Program
November 17th – Ultra Bingo
November 18th – Center Council Meeting
November 19th – Educational Prize Bingo with Rachel from Concord
November 20th – Music: Hey Joe
November 23rd – Cindy Durst from Primary Health speaks
November 25th – Therapy dogs in TV Room

Happy Thanksgiving

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9:00** Breakfast **9:30** Bingocize **10:30** Inspirational Tymes **11:00** Zumba **12:30** Chair Zumba **1:00** Bridge **1:30** Arthritis Exercise	**3** **9:00** Breakfast **9:30** Tops of Sharon* **9:30** Bingocize **11:00** Legal Advice **Election Day – No Exercise Classes**	**4** **9:00** Breakfast **9:15** B-I-N-G-O **10-1** Flu Shot Clinic **11:0**0 Zumba **11:00** Speaker **12:30** Chair Zumba **1:30** Arthritis Exercise **1:30** Art Group	**5** **9:00** Breakfast **9:00** Total Body Fitness **9:30** Laps for Lottery Tickets **10:00** Sculpt & Strengthen **10:30** Nutrition Education Bingo ~~**11:00** Wellness Support~~ **11:00** Trim and Tone **12:30** Yoga **1:00** Afternoon Euchre	**6** **Happy Birthday Party** **9:00** Breakfast **9:30** Prize Bingo **11:00** Entertainment **1:00** Line Dance
9 **9:00** Breakfast **9:30** Bingocize **11:00** Zumba **11:00** Speaker **12:30** Chair Zumba **1:00** Bridge **1:30** Arthritis Exercise	**10** **Veterans Day Party** **9:00** Breakfast **9:00** Total Body Fitness **9:30** Tops of Sharon* **10:00** Sculpt & Strengthen **11:00** Entertainment **11:00** Trim and Tone **12:30** Yoga	**11** **Veterans Day** **(Thank you for your service)** **Center Closed**	**12** **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 **1:00** Bereavement	**13** **9:00** Breakfast **10:00** Arthritis Exercise w/Robin **11:00** Attic Antique Treasure **1:00** Line Dance
16 **9:00** Breakfast **9:30** Bingocize **10:00** Tai Chi for Arthritis – Advanced **10:30** Inspirational Tymes **11:00** Zumba **12:30** Chair Zumba **1:00** Bridge **1:30** Arthritis Exercise	**17** **9:00** Breakfast **9:00** Total Body Fitness **9:00** Craft **9:30** Tops of Sharon* **10:00** Sculpt & Strengthen **10:30** Educational Prize Bingo **11:00** Bereavement **11:00** Trim and Tone **12:30** Yoga **1:30** Ultra Bingo	**18** **9:00** Breakfast **9:15** B-I-N-G-O **10:00** Tai Chi for Arthritis – Advanced **11:00** Zumba **11:00** Center Council Meeting **12:30** Chair Zumba **1:30** Arthritis Exercise **1:30** Art Group	**19** **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	**20 Thanksgiving Party** **9:00** Breakfast **9:30** Gobble Gobble Bingo **11:00** Entertainment **1:00** Line Dance
23 **9:00** Breakfast **9:30** Bingocize **10:00** Tai Chi for Arthritis – Advanced **11:00** Zumba **11:00** Speaker **12:30** Chair Zumba **1:00** Bridge **1:30** Arthritis Exercise	**24** **9:00** Waffles **9:00** Total Body Fitness **9:30** Tops of Sharon* **9:30** Clay Work **10:00** Table Games **10:00** Sculpt & Strengthen **11:00** Trim n Tone **12:30** Yoga	**25** **9:00** Breakfast **9:15** B-I-N-G-O **10:00** Tai Chi for Arthritis - Advanced **11:00** Zumba **11:00** Therapy dogs in TV Room **12:30** Chair Zumba **1:30** Arthritis Exercise **1:30** Art Group	**26** **Happy Thanksgiving** **Center Closed**	**27** **Center Closed**
30 **9:00** Breakfast **9:30** Bingocize **10:00** Tai Chi for Arthritis – Advanced **11:00** Zumba **12:30** Chair Zumba **1:00** Bridge **1:30** Arthritis Exercise				***Mercer County Area Agency on Aging, Inc.*** ***133 N. Pitt Street, Mercer*** ***724-662-6222***

Shenango Valley Senior Center Menu for November 2026

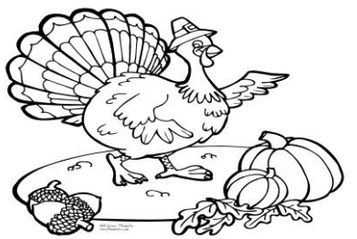
MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Bologna & Cheese

Meals are served with 8 ounces of milk. All meals are subject to change due to availability of product

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Winter Beef Stew Honey Glazed Carrots Cheesy Herbed Rice Pilaf Fresh Fruit	**3** Crispy Chicken Cutlet Pan Gravy Brussel Sprouts Buttered Parsley Pasta Fruit Medley	**4** Stuffed Cabbage Garlic Mashed Potatoes Seasoned Broccoli Dinner Roll w/butter Fresh Fruit	**5** Roasted Turkey Chef Salad Italian Wedding Soup Wheat Bread w/butter Orange Juice	**6 Birthday Party** Breakfast Omelet Herbed Breakfast Potatoes Buttery Biscuit Mandarin Oranges Cake Ice Cream
9 Classic Cheeseburger Golden Roasted Potatoes Seasoned Cauliflower Fresh Fruit	**10 Happy Veteran's Day** Braised Beef Pot Roast Pan Gravy Baked Potato/Sour Cream Vegetable Medley Dinner Roll w/butter Apple Pie	**11** **Veteran's Day** **Center Closed**	**12** Grilled Chicken Salad Cream of Broccoli Soup Crackers Wheat Bread w/butter Gelatin Last day to order for 11/20 Party	**13** Chopped Beef Steak Pan Gravy Buttered Rotini Pasta Brussel Sprouts Diced Pears
16 Sesame Orange Chicken Vegetable Fried Rice Garlic Green Beans Fresh Fruit Cookie	**17** Creamy Chicken Salad on a Bun Marinated Tomato & Cucumber Salad Macaroni Salad Fresh Fruit	**18** Sloppy Joe on a Bun Winter Blend Vegetables Golden Roasted Potatoes	**19** BBQ Chipped Ham on a Bun Seasoned Green Peas Homestyle Coleslaw Warm Spiced Apples	**20 Thanksgiving Party** Turkey with Gravy & Stuffing Whipped Potatoes Sweet Corn Dinner Roll w/butter Pumpkin Pie
23 Swedish Meatballs Buttered Parsley Pasta Steamed Seasoned Cauliflower Mixed Fruit	**24** Hot Dog on a Bun Cheddar Cheese Potatoes Seasoned Green Peas Fresh Fruit	**25** Grilled Chicken Cacciatore Buttered Parsley Pasta Parmesan Garlic Broccoli Fresh Fruit	**26** ***Happy Thanksgiving*** ***Center Closed***	**27** ***Center Closed***
30 Meatballs Parmesan (Red Sauce) Buttered Penne Pasta Seasoned Broccoli Sweet Pineapple Tidbits		**Please arrive at the center by 11:30 for Lunch**	***Mercer County Area Agency on Aging, Inc.*** ***133 N. Pitt Street, Mercer*** ***724-662-6222***	MERCER COUNTY AREA AGENCY ON AGING, INC. APRIL 1, 1976

SHENANGO VALLEY SENIOR CENTER
220 N. BUHL FARM DR.
HERMITAGE, PA 16148
724-981-7950
NOVEMBER 2026



SENIOR CENTER HOURS:
MONDAY-FRIDAY
8:30 AM–4:30 PM
CLOSED WEEKEND'S

PLEASE ALLOW 2 BUSINESS DAYS' NOTICE BY 2PM TO RESERVE A LUNCH

WE ASK THAT ALL PARTY RESERVATIONS BE PREPAID & ORDERED ONE WEEK IN ADVANCE

NO ONE WILL BE DENIED A MEAL BECAUSE OF AN INABILITY TO MAKE A DONATION

ROBIN JAMES-BESHERO
SENIOR CENTER DIRECTOR