


MERCER COUNTY AREA AGENCY ON AGING, INC.   SHENANGO VALLEY SENIOR CENTER   APRIL 2025

COLD MEAL OPTION: TUNA FISH SANDWICH, SIDE & DESSERT

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 Country Fried Chicken Gravy Mashed Potatoes Mixed Vegetables Wheat Bread/Butter Peach Crisp	2 Cabbage Roll Casserole Garlic Whipped Potatoes Peas Dinner Roll/Butter Fresh Fruit	3 Cheese Omelet Peppers, Onions Sausage Patty Hashbrown French Toast Sticks/Syrup Juice Cup	4 <b>Birthday Party \$4.00</b> Lasagna Deluxe Tossed Salad Garlic Breadstick Cake   Sherbet Fresh Fruit
7 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll/Butter Fresh Fruit	8 Baked Meatloaf Mashed Potatoes/Gravy Corn White Bread/Butter Blushed Pears	9 Balsamic Chicken Rice Island vegetables Garlic Breadstick Pineapple Tidbits	10 Warm Ham/Cheese on a Bun Lettuce & Tomato Cream of Cauliflower Soup Cracker Cookie	11 Baked Crab Cake on a Bun Lettuce & Tomato Tartar Sauce Tomato Basil Soup Crackers Gelatin
14 Kielbassi on a Bun Haluski Brussel sprouts Applesauce	15 Salisbury Steak Whipped Potatoes/Gravy Broccoli Dinner Roll/Butter Gelatin	16 Sloppy Joe on a Bun Sweet Potato Tots Cauliflower Fresh Fruit	17 <b>Easter Party \$4.00</b> Sliced Ham Cooked in a Pineapple Sauce Baked Sweet Potato w/Butter Island Blend Vegetables Dinner Roll/Butter Carrot Cake	18  <b>Closed for Easter</b>
21 Cheeseburger BBQ Butter Beans Pickled Beets Orange	22 Hot Turkey w/ Gravy Whipped Potatoes White Bread/Butter Sweet Corn Fresh fruit	23 Sausage Sandwich Peppers & Onions Buttered Noodles Green Beans Cookie	24 Turkey Chef Salad Mixed Greens/Tomato Cheddar/Egg Vegetable Soup/Crackers Dinner Roll/Butter Gelatin	25 Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread/Butter Fresh Fruit
28 Chili w/ Cheddar Cheese Tossed Salad w/ Tomato Cornbread Warm Applesauce	29 Swedish Meatballs Buttered Noodles Peas Dinner Roll/Butter Fresh Fruit	30 Breaded Fish Sandwich Tartar Sauce Macaroni & Cheese Stewed Tomatoes Fresh Fruit	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 ANOTHER SENIOR. THANK YOU	

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

APRIL 2025



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

ROBIN JAMES BESHERO  
SENIOR CENTER DIRECTOR

Shenango Valley Senior Center

April 2025

Happy Birthday:

Raymond Kocis, Donald Cloak, Marge Long, Gloria Merchant, Randy Sackett, Al Ruth, Deborah Fobes, Ron Renshaw, Azalee Brooks, Patti Ligo, John Falvo and Gerard Thatcher

April 1<sup>st</sup> - Attorney Hartle Speaks “Do I Need a trust?”

April 2<sup>nd</sup> – Emily Huffman speaks on “Alcohol Awareness and Substance Abuse Disorder”

April 3<sup>rd</sup> – Wellness Support with Noreen Sokolak from Garden Way Place

April 3<sup>th</sup> – Prize Bingo with Brianna from Nova Hospice

April 4<sup>th</sup> – Music: Terry Dach

April 8<sup>th</sup> – Representative from Sharon Regional Home Health speaks on Swelling

April 9<sup>th</sup> – Coffee Chat with Mande from Amedsys

April 10<sup>th</sup> – Prize Bingo with Kavon Wright from Highmark Wholecare

April 14<sup>th</sup> – St. Paul’s speaks on “Cooking for One”

April 15<sup>th</sup> – “Family Feud with Kelly Bianco from the Life Program

April 17<sup>th</sup> – Music: Max Shang

April 17<sup>th</sup> – Reiki with Krista Wentz (Meditation)

April 23<sup>rd</sup> – Robert McGoff from Seniors Helping Seniors “Name that Tune”


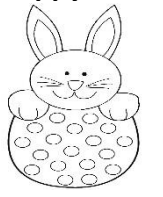

April 24<sup>th</sup> – Prize Bingo with Rachel from Embassy Health

April 28<sup>th</sup> – Craft with Bridget Connolly from Amedsys

April 28<sup>th</sup> – Tom Hall speaks on Arthritis

\* Director Bingo/Prize Bingo – 1<sup>st</sup> card free – additional cards 50 cents each

SHREDDING EVENT, SATURDAY, April 5<sup>th</sup> from 9-11 in the front parking lot of the center!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:00 Breakfast 9:00 Total Body Fitness 10:00 Bingo game of chance 25¢ p/card 10:00 Sculpt & Strengthen 11:00 Attorney Hartle 11:00 Trim & Tone 12:30 Yoga	<b>2</b> 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	<b>3</b> 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 1:00 Afternoon Euchre	<b>4</b> Happy Birthday Party 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:00 Prize Bingo 11:00 Entertainment 1:00 Line Dance 
<b>7</b> 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise	<b>8</b> 9:00 Breakfast 9:00 Total Body Fitness 10:00 Craft 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim & Tone 12:30 Yoga 1:30 ULTRA BINGO	<b>9</b> 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Coffee Chat w/Mande 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	<b>10</b> 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 11:30 Nutrition Education w/ Robin 12:30 Yoga 1:00 Afternoon Euchre	<b>11</b> 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Easter Egg Hunt 1:00 Director’s Bingo 1:00 Line Dance
<b>14</b> 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	<b>15</b> 9:00 Breakfast 9:00 Total Body Fitness 9:30 Trivia 10:30 Speaker 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga	<b>16</b> 9:00 Waffles 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Center Council Meeting 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	<b>17</b> Easter Party 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bunny Bingo 10:00 Reiki w/Krista 10:00 Sculpt and Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	<b>18</b> Happy Easter  <b>Center Closed</b>
<b>21</b> 9:00 Breakfast 9:00 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise	<b>22</b> 9:00 Breakfast 9:00 Total Body Fitness 10:00 Table Games 10:00 Sculpt & Strengthen 11:00 Grief Support 11:00 Trim and Tone 12:30 Yoga	<b>23</b> 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Therapy Dogs 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	<b>24</b> 9:00 Breakfast 9:00 Total Body Fitness 9:30-12 CDSMP 10:00 Educational Prize Bingo 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	<b>25</b> 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Noodle Ball 1:00 Directors Bingo 1:00 Line Dance
<b>28</b> 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 10:00 Craft 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	<b>29</b> 9:00 Breakfast <del>9:00 Total Body Fitness</del> 9:30 Trivia <del>10:00 Sculpt &amp; Strengthen</del> 10:30 Emergency Preparedness Program 11:00 Trim and Tone 12:30 Yoga	<b>23</b> 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group		<b>Mercer County Area Agency on Aging, Inc</b>  <b>133 N. Pitt Street, Mercer</b> <b>724-662-6222</b>