

Shenango Valley Senior Center

April 2026

Happy Birthday: Ray Kocis, Mark Mastrianno, Jennifer Yingst, Rose Rowe, Cheryl Miner, Mary Ann Hennessy, Gloria Merchant, Roseanne Fragle, Randy Sackett, Barbara Clarke, Al Ruth, Susan Wolfigarth, Deborah Fobes, Stephanie Barr, Frank Candiotti, Ron Renshaw, Carol Buchanan, Patti Ligo, Azalee Brooks, Nancy Hazi, Marie Peterson, Debbie Stingis, Carol Capson Kohut, Rhonda Paglia, John Falvo, Marie Marrie and Carol Weber.

April 1st – Jessica Korab from Caretender’s will speak on “Stress”

April 2nd – Music: Terry Dach

April 7th – Craft – painting flower pots (They will be taken home at a later date)

April 7th – *Attorney Hartle “Things to know to help process long-term care insurance claims”*

April 8th – Amy Hesselgesser from the BHC “*Lock up your meds and Gambling*”

April 9th – Prize Bingo with Kavon Wright from Highmark Wholecare

April 9th – Wellness support with Noreen Sokolak

April 10th – Chair Hockey in the Multi Purpose Room

April 11th – Shredding Event sponsored by Parke

Wentling: in the front parking lot from 9am to 11am

April 13th – Prize Bingo with Tracy Rose from the Lakes of Jefferson

April 14th – Learn how to work air dry clay

April 14th - Ron Moore from Aetna

April 14th – Ultra Bingo

April 15th – Center Council Meeting

April 15th – Silent Movies sponsored by Tim & Janet Thiel

April 16th - Prize Bingo with Rachel from Concord

April 17th – Music: Ukaladies

April 21st - Kelly Bianco from the Life Program speaks

April 22nd – Robert McGoff from Seniors Helping Seniors” Name that Tune

April 23rd – Prize Bingo with Tammy from St. Pauls


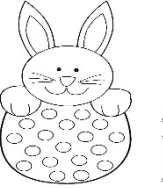

April 27th – Cindy Durst from Primary Health speaks

April 28th – Learn how to work air dry clay

April 28th – Bring in your favorite poem and share it with everyone

April 30th – Educational Prize Bingo with Nikki Rekkard

Tai Chi for Arthritis – Beginners is a 6 week session starts Tuesday April 28th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Mercer County Area Agency on Aging, Inc.</i></p> <p>133 N. Pitt Street, Mercer 724-662-6222</p>		<p>1 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>2 Easter Party</p> <p>9:00 Breakfast 9:00 Total Body Fitness 9:30 Bunny Bingo 10:00 Sculpt & Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis</p>	<p>3 Happy Easter</p>  <p>Center Closed</p>
<p>6 9:00 Breakfast 9:30 Bingocize 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise</p>	<p>7 9:00 Breakfast 9:00 Total Body Fitness 9:30 Craft 10:00 Sculpt & Strengthen 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga</p>	<p>8 9:00 Breakfast 9:15 B-I-N-G-O 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>9 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</p>	<p>10 9:00 Breakfast 9:30 Trivia 10:30 Chair Hockey 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>
<p>13 9:00 Breakfast 9:00 Bingocize 10:00 Educational Prize Bingo 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise</p>	<p>14 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay Work with Rosemary 11:00 Speaker 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:30 Ultra Bingo</p>	<p>15 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Cooking with Sherry 11:00 Zumba 11:00 Center Council Meeting 12:30 Chair Zumba 1:00 Silent Movies 1:30 Arthritis Exercise 1:30 Art Group</p> <p style="text-align: center;">Taxes Due</p>	<p>16 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 3-6 Senior Center Open House</p>	<p>17 Birthday Party</p> <p>9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p> 
<p>20 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 in Seminar Room 1:30 Arthritis Exercise</p>	<p>21 9:00 Breakfast 9:00 Total Body Fitness 9:30 Trivia 10:00 Sculpt & Strengthen 10:30 Speaker 11:00 Trim n Tone 12:30 Yoga 1:30 Tai Chi for Arthritis - Beginner</p>	<p>22 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>23 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis - Beginner</p>	<p>24 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Corn Hole in the Multi purpose room 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>
<p>27 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 in Seminar Room 1:30 Arthritis Exercise</p>	<p>28 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work with Rosemary 10:00 Sculpt & Strengthen 10:30 Poetry Reading 11:00 Trim and Tone 11:30 Nutrition Education with Robin 12:30 Yoga 1:30 Tai Chi for Arthritis - Beginner</p> <p style="text-align: center;">National Poetry Day</p>	<p>29 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 10:00 Cooking with Sherry 10:30 Poetry Reading 11:00 Zumba 11:00 Therapy dogs in the TV room 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>30 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis - Beginner</p>	<p style="text-align: center;">Mercer County Transit 724-981-6222</p> <p style="text-align: center;">Applications are available at the receptionist desk.</p>

Shenango Valley Senior Center Menu for April 2026

MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Turkey Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Mercer County Area Agency on Aging, Inc.</i></p> <p>133 N. Pitt Street, Mercer 724-662-6222</p>		<p>1</p> <p>Pasta & Meatballs Marinara Sauce Tossed Salad w/ Tomato Garlic Bread Stick Fresh Fruit</p>	<p>2 EASTER PARTY \$4.00</p> <p>Sliced Ham w/Pineapple Sauce Baked Sweet Potato w/Butter Island Blend Vegetables Dinner Roll w/Butter Carrot Cake</p>	<p>3</p> <p>Happy Easter</p> <p><i>Center Closed</i></p>
<p>6</p> <p>Tortellini w/Blush Sauce Garlic Green Beans California Blend Vegetables Garlic Breadstick Sweet Diced Peaches</p>	<p>7</p> <p>Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread/Butter Fruited Flavored Gelatin</p>	<p>8</p> <p>Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread/Butter Fresh Fruit</p>	<p>9</p> <p>Spinach & Cranberry Salad With Chicken Creamy Cauliflower Soup Crackers Dinner Roll/Butter Chocolate Pudding</p>	<p>10</p> <p>BBQ Pork Rib Sandwich On a Bun Seasoned Sweet Corn Oven Roasted Brussel Sprouts Fresh Fruit</p>
<p>13</p> <p>Slow Roasted Pork Loin Roasted Mushroom Sauce Steamed Brown Rice Seasoned Broccoli Fresh Fruit</p>	<p>14</p> <p>Homemade Chili with Cheese Over Oven Baked Potato Garden Tossed Salad Fresh Baked Cornbread Mixed Fruit</p>	<p>15</p> <p>Chopped Beef Steak With Gravy Haluski Seasoned Green Beans Wheat Bread /Butter Sweet Pineapple Tidbits</p>	<p>16</p> <p>Crispy Dill Chicken Sandwich On A Bun Golden Roasted Potatoes Homestyle Coleslaw Warm Spiced Apples</p>	<p>17 Birthday Party \$4.00</p> <p>Baked Meatloaf Garlic Mashed Potatoes With Caramelized Onion Gravy Seasoned Carrots Wheat Bread/Butter Fresh Fruit Cake Ice Cream</p>
<p>20</p> <p>Braised Beef Pot Roast Mashed Potatoes/Gravy Vegetable Medley White Bread/Butter Warm Spiced Apples</p>	<p>21</p> <p>Chef's Grilled Chicken Salad Cream of Broccoli Soup Crackers Dinner Roll Fruited Flavored Gelatin</p>	<p>22</p> <p>Crispy General Tso's Chicken Fluffy Steamed Rice Broccoli with Garlic Sweet Pineapple Tidbits Warm Fresh Baked Cookie</p>	<p>23</p> <p>Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Carrots Dinner Roll w/Butter Fresh Fruit</p>	<p>24</p> <p>Classic Penne Pasta & Meatballs Peas & Pearl Onions Garlic Herb Breadstick Fresh Fruit</p>
<p>27</p> <p>Savory Farmhouse Omelet Peppers & Onions Herbed Breakfast Potatoes Warm Biscuit/Butter Warm Spiced Pears</p>	<p>28</p> <p>Ham with BBQ Glaze on a Bun Seasoned Green Beans Homestyle Coleslaw Warm Spiced Apples</p>	<p>29</p> <p>Crispy Chicken Cutlet Mashed Potatoes Pan Gravy Oven Roasted Brussel Sprouts Wheat Bread/Butter Fruit Medley</p>	<p>30</p> <p>Pepper Steak With Onion & Peppers Oven Baked Potato Seasoned Carrots Wheat Bread/Butter Fruited Gelatin</p>	

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



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

PLEASE ALLOW 2 BUSINESS
DAY
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 INABIL-
ITY TO MAKE A DONATION.

ROBIN JAMES BESHRO,
SENIOR CENTER DIRECTOR