


Cold Meal Option for the month is : Ham & Cheese 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	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			1 Birthday P arty \$4.00 Salisbury Steak w/ Gravy Mashed Potatoes Broccoli Dinner Roll w/butter Fresh Fruit Cake Sherbet
4 Hot Ham & Cheese on Bun Cream of Cauliflower Soup Crackers Blushed Pears	5 Kielbasa on a Bun Homemade Haluski Brussel Sprouts Applesauce	6 Cheeseburger on a Bun BBQ Butter Beans Tossed Salad w/ Tomato Fresh Fruit	7 Open Faced Hot Turkey Mashed Potatoes/Gravy Corn Fresh Fruit Last day to reserve for picnic	8 Sweet Sausage Sandwich Peppers & Onions Buttered Noodles Green Beans Cookie
11 Turkey Chef Salad Vegetable Soup Crackers Dinner Roll Fresh Fruit	12 Swedish Meatballs Buttered Noodles Peas Dinner Roll w/butter Gelatin	13 Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread w/butter Fresh Fruit	14 Breaded Fish Sandwich Tartar Sauce Mac & Cheese Stewed Tomatoes Cookie	15 Picnic at Buhl Park \$4 Hot Dog on a Bun Chili Sauce—Onions Baked Beans Choice of Chips Watermelon Choice of Iced Tea or Lemonade
18 National Sr. Citizen Day Party \$4.00 Pasta & Meatballs w/ Marinara Sauce Parmesan Cheese Tossed Salad w/ Tomato Breadstick Director’s Choice	19 Hot Dog on a Bun Coleslaw Choice of Chips Watermelon NO SALADS or COLDS	20 Stuffed Pepper Garlic Whipped Potatoes Carrots Dinner Roll w/butter Fresh Fruit	21 Pork Loin w/ Creamy Mushroom Sauce Rice Broccoli Dinner Roll w/butter Pudding Last day to reserve for 9/29	22 Crispy Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Crackers Fresh Fruit
25 Roasted Pork Onion Gravy Whipped Potatoes Carrots Italian Bread w/butter Peach Crisp	26 Stadium Hot Dog on a Bun Cheesy Whipped Potatoes Peas Pineapple & Mandarin Oranges	27 Chicken Salad w/Spinach, Mixed Greens, Cranberry Vegetable Soup Crackers Breadstick Cookie	28 BBQ Pork Ribette on a Bun Buttered Pasta Brussel Sprouts Pineapple Delight	29 Labor Day Party \$4.00 Cheeseburger on a Bun Lettuce, Tomato, Pickles Potato Salad Baked Beans Stuffed Cupcake

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

AUGUST 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 AUGUST 2025		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy Birthday: Allen Baver, Sandra Ricketts, Edwina Scott, Laurette Perfilio, Rick Zakrezewski, Anthony Liscio, Sandra Teter, Marilyn Fusco, Grace Holland, Carol Phillips, Louise Smith, Joseph Sofranko, Mary Jane Liscio, Diane Hall, Brenda Wright, Diane McClain, Kay Goodrick, Richard Mitcheltree, and Kathryn Torgerson			Mercer County Area Agency on Aging, Inc 133 N. Pitt Street, Mercer 724-662-6222			1 Happy Birthday Party 9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 
August 1st – Birthday Music: Hey Joe August 5th – Attorney Hartle “Death of a Family Member, What’s Next?” August 7th – Prize Bingo with Brianna from Nova Hospice August 7th – Wellness Support with Noreen August 12th – Scam Jam sponsored by Parke Wentling August 13th - Coffee Chat with Mande from Amedsys August 14th - Prize Bingo with Kavon Wright from Highmark Wholecare August 15th – Music: Darren Lambert August 18th – Music: Greg Vanderveen August 19th - Kelly Bianco from the Life Program supplies hot dogs for lunch. August 25th - Craft with Bridget Connolly from Amedsys August 25th - Tom Hall speaks August 27th - Robert McGoff from Seniors Helping Seniors “Name that Tune” August 28th - Prize Bingo with Rachel from Embassy Health August 28th – Dina Haeflein from Medi Home Hospice speaks on “Grief” August 29th – Music: Tammie O’Marrie		4 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi For Arthritis 10:30 Inspirational Tymes 11:30 Snacky Snack 12:30 Chair Zumba 1:30 Arthritis Exercise National Choc. Chip Cookie	5 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 11:00 Speaker- Atty. Hartle 11:00 Trim & Tone 12:30 Yoga	6 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	7 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	8 9:00 Breakfast 10:00 Director’s Prize Bingo 11:00 Trivia 1:00 Line Dance National Kool-Aid Day
		11 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	12 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 11:30 Nutrition Education w/Robin 1-3 Scam Jam 1:30 Ultra Bingo No Trim n Tone or Yoga	13 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 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise	14 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	15 Picnic At the Park 9:30 Breakfast 10:00 Fun Bingo 11:00 Entertainment 12:00 Volunteer Recognition 12:30 Lunch
		18 National Sr. Citizen Day 9:00 Breakfast 9:30 Bridge 9:30 Directors Prize Bingo 11:00 Entertainment 12:30 Chair Zumba 1:30 Arthritis Exercise	19 9:00 Breakfast 9:00 Total Body Fitness 9:30 Craft 10:00 Table Games 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Ice Cream Truck	20 9:00 Breakfast 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 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise	21 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:30 Table Games 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	22 9:00 Breakfast 10:00 Duck Races game of chance 11:00 Trivia 1:00 Line Dance
* Director Bingo/Prize Bingo – 1 st card free – additional cards 50 cents each		25 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Craft 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	26 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Table Games 10:00 Sculpt & Strengthen 11:00 Grief Support 11:00 Trim and Tone 12:30 Yoga National Toilet Paper Day	27 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Speaker 11:00 Therapy Dogs 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise	28 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 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	29 Labor Day Party 9:00 Breakfast 10:00 Directors Prize Bingo 11:00 Entertainment 1:00 Line Dance