

Shenango Valley Senior Center

September 2025

Happy Birthday: Donna Bell, Charlotte Dunlap, Gale Kocis, Mary Lou Baldoff, Karen Weston, Joe May, Jim Phillips, James Cerroni, Tammy O’Marrie, John Outrakis, Linda Anderson, Rebecca Feigert, Patricia O’Brien, Delores Fee, Cindy Jorewicz, Joyce Reefer, Ruth Burnside, Jean Jewel, Greg Davis, Jeanne Hoover, Liz Milo, Carol Palombi, Dorothy Greene, Karen Liska, Mina Gargiulo, Mary Lou Hricik, Carol Ristvey, Dawn Coryea and Betty Moore

September 2nd – Attorney Hartle “As you age, what are the levels of care and how do you pay for them”

September 3rd – Jessica Korab from Caretenders “Diabetes and Nutrition”

September 4th – Prize Bingo with Brianna from Nova Hospice

September 4th – Wellness Support with Noreen

September 5th – Music: Gene Testa

September 8th – Ericka Dershimer presents “The power of Kindness”

September 9th – Cat Aranda from Breathe America speaks on: “Respiratory Health and Access to valuable resources”

September 9th – Learn how to work air dry clay

September 10th - Coffee Chat with Mande from Amedsys

September 10th – Tammy McElhinny from Me Again Boutique will be in the Seminar Room to measure and fit women who had a mastectomy.

September 11th - Prize Bingo with Kavon Wright from Highmark Wholecare

September 16th – Prize Bingo with Kelly Bianco from the Life Program

September 16th – Anna Shears from Mercer County Behavioral Health Commission speaks on “Suicide Prevention”

September 18th – Movie: “Nonnas”

September 22nd – Cindy Durst from Primary Health

September 23rd – Learn how to work air dry clay


September 24th - Robert McGoff from Seniors Helping Seniors “Name that Tune”

September 25th - Prize Bingo with Rachel from Embassy Health

September 26th – Music: Dan Hogan

September 30th – St. Paul’s Presents ”Don’t get hooked by Phishing Scams”

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div><p>Center Closed</p></div>	<div>2</div> <div>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 1-3 <i>Bridge Lessons</i></div>	<div>3</div> <div>9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 <i>Zumba</i> 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group</div>	<div>4</div> <div>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</div>	<div>5</div> <div>Happy Birthday Party 9:00 Breakfast 10:00 Prize Bingo 11:00 Entertainment 1:00 Line Dance</div> <div></div>
<div>8</div> <div>9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi For Arthritis 11:00 Speaker 11:00 <i>Zumba</i> 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise</div>	<div>9</div> <div>9:00 Breakfast 9:00 Total Body Fitness 9:30 <i>Clay work with Rosemary</i> 10:00 Sculpt & Strengthen 11:00 Trim & Tone 11:00 Speaker 12:30 Yoga 1-3 <i>Bridge Lessons</i> 1:30 Ultra Bingo</div>	<div>10</div> <div>9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 <i>Zumba</i> 11:00 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</div>	<div>11</div> <div>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</div>	<div>12</div> <div>9:00 Breakfast 9:30 Arthritis Exercise 10:30 Director’s Prize Bingo 11:00 Trivia 1:00 Line Dance</div>
<div>15</div> <div>9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 11:00 <i>Zumba</i> 11:30 Nutritional Education w/Robin 12:30 Chair Zumba 1:30 Arthritis Exercise</div>	<div>16</div> <div>9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1-3 <i>Bridge Lessons</i></div>	<div>17</div> <div>9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 <i>Zumba</i> 11:00 Center Council Meeting 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group</div>	<div>18</div> <div>9:00 Breakfast 9:00 Total Body Fitness 9:30 Movie and Pop Corn 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</div>	<div>19</div> <div>9:30 Breakfast 9:30 Arthritis Exercise 10:30 Director’s Prize Bingo 11:00 Trivia 1:00 Line Dance</div>
<div>22</div> <div>9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 11:00 <i>Zumba</i> 11:00 Speaker 12:30 Chair Zumba 1:00 Ice Cream Cone Social 1:00 Euchre Group 1:30 Arthritis Exercise</div>	<div>23</div> <div>9:00 Breakfast 9:00 Total Body Fitness 9:30 <i>Clay work with Rosemary</i> 10:30 Table Games 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1-3 <i>Bridge Lessons</i></div>	<div>24</div> <div>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 in TV Room 11:00 <i>Zumba</i> 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group</div>	<div>25</div> <div>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</div>	<div>26</div> <div>Fall Party 9:00 Breakfast 10:00 Prize Bingo 11:00 Entertainment 1:00 Line Dance</div>
<div>29</div> <div>9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 11:00 <i>Zumba</i> 12:30 Chair Zumba 1:30 Arthritis Exercise</div>	<div>30</div> <div>9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 11:00 Trim and Tone 11:00 Speaker 12:30 Yoga 1-3 <i>Bridge Lessons</i></div>	<div>**Bridge Lessons**</div> <div>8-Week Session Starts September 2nd</div>	<div>Mercer County Area Agency on Aging. Inc</div> <div>133 N. Pitt Street, Mercer 724-662-6222</div>	<div></div>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Labor Day Center Closed</i>	2 Korean Meatballs Rice Oriental Vegetables Wheat Bread w/Butter Fresh Fruit	3 Chicken Alfredo Buttered Pasta Lemon Pepper Broccoli Breadstick Pudding	4 Chicken Philly Cheesesteak On a Bun Cream of Spinach Soup Crackers Coleslaw Gelatin	5 <i>Birthday Party \$4.00</i> Swiss Steak w/Onion Gravy Whipped Potatoes Green Beans Wheat Bread w/Butter Fresh Fruit CakeSherbet
8 Ham Slice w/ Pineapple Sauce Scalloped Potatoes Peas Dinner Roll w/Butter Cookie	9 Cheeseburger with a Bun BBQ Butter Beans Tossed Salad w/ Tomato Peach Crisp	10 Cabbage Casserole Garlic Whipped Potatoes Peas Dinner Roll w/Butter Fresh Fruit	11 Cheese Omelet w/ Peppers, Onions Sausage Patty Hash Brown French Toast Sticks w/Syrup Apple Juice	12 Grilled Chicken Salad Cream Of Broccoli Soup Crackers Dinner Roll w/Butter Fruited Gelatin
15 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll w/Butter Fresh Fruit	16 Baked Meatloaf / Gravy Mashed Potatoes Corn Dinner Roll w/Butter Fresh Fruit	17 Balsamic Chicken Rice Island Vegetables Garlic Breadsticks Pineapple Tidbits	18 Sloppy Joe on a Bun Roasted Sweet Potatoes Cauliflower Cookie	19 Crab Cake on a Bun Lettuce & Tomato Tartar Sauce Tomato Basil Soup Crackers Gelatin
22 Lasagna Deluxe Tossed Salad Garlic Breadstick Cookie	23 Salisbury Steak /Gravy Mashed Potatoes Broccoli Dinner Roll w/Butter Gelatin	24 Hot Ham/Cheese on a Bun Cream of Cauliflower Soup Crackers Blushed Pears	25 Kielbasa on Bun Haluski Brussel Sprouts Applesauce	26 <i>Autumn Party \$4.00</i> Country Fried Chicken Mashed Potatoes/Gravy Mixed Vegetables Wheat Bread w/Butter Boston Cream Pie
29 Open Faced Turkey on White Bread w/Gravy Whipped Potatoes Sweet Corn Cookie	30 Sweet Sausage on a Bun With Peppers & Onions Buttered Noodles Green Beans 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 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

September 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 week in advance

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

Robin James Beshero
Senior Center Director