

Shenango Valley Senior Center

February 2026

Happy Birthday: Paula Egelsky, Nora Garay, Linda Addis, Betty Kapolka, Ron Radkowski, Becky Gill, Marilyn Longley, Richard Torgerson, Deborah Wasko, Bonnie Hetrick, Lynette Evans, Judy Fox, Janice Korsgaard, Joe Plawky, Ed Sculthorpe, Jean Juchnewich, Bruce Long, Aleta Brocklehurst, Kathryn Lima, Larry Narad, Mary Anna Pierce, Annie Wise, Virginia Reed, Esther Connors, Tom Sanford, Dan DeSantis, Jim Hanrahan, Linda Parquette, Cornelia Bestwick, Sandy Robison and Gwen Albers

February 3rd – Attorney Hartle *“Five estate planning matters you should take care of in 2026”*

February 4th – Jessica Korab from Caretenders

February 6th – Music: Dan Hogan

February 10th – Learn how to work air dry clay

February 10th – Kelly Bianco from the Life Program

February 11th – Coffee Chat with Mande from Amedsys

February 12th – Wellness Support with Noreen Sokolak

February 12th – Prize Bingo with Kavon Wright from Highmark Wholecare

February 13th – Music: Tammie O’Marie

February 17th – Music: Max Schang

February 18th – Center Council Meeting

February 19th – Prize Bingo with Rachel from Concord

February 19th – Tammy Lininger from St. Paul Home speaks *“Winter/cold Weather Preparedness”*

February 20th – Ron Moore from Aetna speaks

February 23rd – Cindy Durst from Primary Health speaks

February 24th – Learn how to work air dry clay

February 25th – Robert McGoff from Seniors Helping Seniors “Name that Tune”

February 26th – Nutrition Education Bingo with Robin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise Groundhog Day!!	3 9:00 Breakfast 9:00 Total Body Fitness 10:00 Snacky Snack 10:00 Sculpt & Strengthen 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis – Beginners National Carrot Cake Day!	4 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	5 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis - Beginners	6 Happy Birthday Party 9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge
9 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 1:00 Euchre Group 1:30 Arthritis Exercise	10 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay Work with Rosemary 10:00 Sculpt & Strengthen 10:30 Speaker 11:00 Trim and Tone 12:30 Yoga 1:30 Ultra Bingo 1:30 Tai Chi for Arthritis - Beginners	11 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 10:00 Cooking with Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	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 Wellness Support 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis - Beginners	13 Valentine’s Party 9:00 Breakfast 9:30 Valentine Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge Wear Red or Pink
16 President’s Day Center Closed	17 Marti Gras Party 9:00 Breakfast 9:00 Total Body Fitness 10:00 Prize Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 11:00 Entertainment 12:30 Yoga Bring snacks to share during the party !	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 11:00 Therapy Dogs in the TV Room 12:30 Chair Zumba 1-4 Me Again Boutique 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 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi For Arthritis – Beginners 2	20 9:00 Breakfast 9:30 Arthritis Exercise with Robin 10:30 Corn Hole 11:00 Speaker 1:00 Line Dance 1:00 Attic Treasure in the Lounge 1-3 pm Rent Rebate Clinic
23 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis - Advanced 11:00 Speaker 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:00 Euchre Group 1:30 Arthritis Exercise	24 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay Work with Rosemary 10:00 Sculpt & Strengthen 10:30 Trivia 11:00 Trim n Tone 12:30 Yoga 1:30 Tai Chi for Arthritis – Beginners 2	25 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 10:00 Cooking with Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	26 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Nutrition Education Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	27 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Racing game of chance 1:00 Line Dance 1:00 Attic Treasure in the Lounge
 Mercer County Area Agency on Aging, Inc. 133 N. Pitt Street, Mercer 724-662-6222				

Cold Meal Option for the month: Bologna & Cheese Sandwich, Side & Dessert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Kielbasa w/Kraut on a Bun Buttered Noodles Cali Blend Vegetables Applesauce	3 Stuffed Pepper Garlic Mashed Potatoes Carrots White Bread w/Butter Pudding	4 Pasta & Meatballs Tossed Salad w/Tomato Garlic Breadstick Fresh Fruit	5 Salisbury Steak w/Gravy Whipped Potatoes Peas Dinner Roll w/Butter Gelatin Last Day to Order for 02/13	6 Birthday Party \$4.00 Creamy Chicken Tortellini Tossed Salad w/ Tomato Whole Wheat Bread w/Butter Fresh Fruit Cake Ice Cream
9 Cheeseburger on a Bun Tator Tots Tossed Salad w/Tomato Baked Pineapple	10 General Tso's Chicken Rice Garlic Broccoli Mandarin Oranges Cookie	11 Ham Slice w/ Pineapple Sauce Mashed Potatoes Green Peas Dinner Roll Cookie	12 Chicken Philly Sandwich Creamy Spinach Soup Crackers Coleslaw Gelatin	13 Valentine's Party \$4.00 Pot Roast w/ Gravy Baked Potato w/Sour Cream Green Beans Dinner Roll w/Butter Angel Food Cake with Strawberries 
16 CENTER CLOSED 	17 Mardi Gras Party \$4.00 BBQ Pork on a Bun Parsley Potatoes Carrots Director's Choice	18 Lasagna Deluxe Tossed Salad Garlic Breadstick Fresh Fruit	19 Meatball Sub on a bun Mozzarella Cheese Tossed Salad Cookie	20 Baked Crab Cake Lettuce & Tomato Buttered Noodles Peas Sliced Fruit
23 Italian Sausage on a Bun Peppers & Onions Garlic Parsley Potatoes Green Beans Mandarin Oranges	24 Grilled Chicken Parmesan w/ Shredded Cheese Rotini w/ Sauce Tossed Salad w/Tomato Garlic Breadstick Applesauce	25 Pot Roast w/ Gravy Mashed Potatoes Carrots Italian Bread w/butter Peach Crisp	26 Grilled Chicken Salad Broccoli Soup Crackers Breadstick Fresh Fruit	27 Potato Crusted Fish on a Bun Buttered Noodles Stewed Tomatoes Tartar Sauce Fresh Fruit
		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 ANY ONE ELSE HERE IN THE BUILDING WANTING ONE. THANK YOU	

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

February 2026

Happy Valentine's Day

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