




<div>Shenango Valley Senior Center</div> <div>JULY 2025</div> <div>Happy Birthday: Elaine Ross, Marilyn Scott, Lee Ciora, Nancy Gassner, Ed Kimbrough, George Watt, Gene Testa, Charles Beltz, Rose Vamosi,, Cynthia Emmerich, Kathleen Davenport, Pamela Germadnik, Art Wolfgarth, Cathy Sabo and Tony Debellis</div> <div>July 2nd – Krista Wentz speaks on “What is Reiki?”</div> <div>July 3rd – Music: Doug James</div> <div>July 9th - Coffee Chat with Mande from Amedsys</div> <div>July 11th – Music: Darren Lambert</div> <div>July 14th – Tammy Lininger from St. Paul’s speaks</div> <div>July 15th - Kelly Bianco from the Life Program “</div> <div>July 23rd – Robert McGoff from Seniors Helping Seniors “Name that Tune”</div> <div>July 24th - Prize Bingo with Rachel from Embassy Health</div> <div>July 28th - Craft with Bridget Connolly from Amedsys</div> <div>July 28th - Tom Hall speaks</div> <div>July 29th – Vision Screenings and Education from the Keystone Blind Association</div> <div>July 31st – Prize Bingo with Nikki Reckard</div> <div>* Director Bingo/Prize Bingo – 1st card free – additional cards 50 cents each</div> <div>***Farmer’s Market Distribution Tuesdays and Thursdays starting <u>July 10th</u> from 2pm to 4pm.***</div> <div>***Checks will also be distributed at the Sharon Farmer’s Market July 9th and July 23rd from 3-6***</div>	<div>MONDAY</div> <div></div>	<div>TUESDAY</div> <div>1 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 11:00 Trim & Tone 12:30 Yoga</div>	<div>WEDNESDAY</div> <div>2 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Cooking w/Sherry 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise</div>	<div>THURSDAY</div> <div>3 4th of July Party 9:00 Breakfast 9:00 Total Body Fitness 10:00 4th of July Bingo 10:00 Sculpt & Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</div>	<div>FRIDAY</div> <div>4 </div>
	<div>7 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise</div>	<div>8 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 10:30 Table Games 11:00 Trim & Tone 12:30 Yoga 1:30 ULTRA BINGO - CANCELED</div>	<div>9 9:00 Waffles 9:15 B-I-N-G-O 10:00 Cooking w/Sherry 11:00 Coffee Chat w/Mande 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise</div>	<div>10 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Craft 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</div>	<div>11 Happy Birthday Party 9:00 Breakfast 9:00 Arthritis Exercise w/Robin 10:00 Director’s Prize Bingo 11:00 Entertainment 1:00 Line Dance</div> <div></div>
	<div>14 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise</div>	<div>15 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:30 Speaker 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga</div>	<div>16 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</div>	<div>17 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Reiki 10:00 Table Games 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</div>	<div>18 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Racing game of chance 11:30 Trivia</div>
	<div>21 9:00 Breakfast 9:00 Bingocize 9:30 Bridge 10:30 Inspirational Tymes 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:30 Arthritis Exercise</div>	<div>22 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:30 Table Games 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga</div>	<div>23 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</div>	<div>24 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>25 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Directors Prize Bingo 11:30 Trivia 1:00 Line Dance</div>
	<div>28 9:00 Breakfast 9:30 Bingocize 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</div>	<div>29 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10-12 Vision Screenings 10:30 Table Games 10:00 Sculpt & Strengthen 11:00 Grief Support 11:00 Trim and Tone 12:30 Yoga</div>	<div>30 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</div>	<div>31 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>Mercer County Area Agency on Aging. Inc</div> <div>133 N. Pitt Street, Mercer 724-662-6222</div>

Cold Meal Option for the month is : Cold Meatloaf Sandwich, Side, Dessert ***Chef Salad Option: Turkey Chef Salad/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 Stuffed Pepper Garlic Whipped Potatoes Carrots White Bread w/Butter Pudding	2 Crispy Chicken Sandwich w/ Lettuce & Tomato Cream of Potato Soup Crackers Fresh Fruit	3 4th of July Party 4.00 Stadium Hotdog on a bun Hashbrown Casserole Coleslaw Poke Cake w/Topping	4 Senior Center Closed 
7 Popcorn Chicken Mashed Potatoes/Gravy Corn Fresh Fruit	8 BBQ Pulled Pork on a Bun Whipped Cheesy Potatoes Peas Pineapple & Mandarin Oranges	9 Sloppy Joe on a Bun Roasted Sweet Potatoes Cauliflower Cookie	10 BBQ Pork Ribette on a Bun Buttered Pasta Brussel Sprouts Pineapple Delight	11 Happy Birthday\$4.00 Baked Meatloaf Mashed Potatoes/Gravy Corn White Bread w/Butter Fresh Fruit Cake Sherbet
14 Chicken Alfredo Pasta Lemon Pepper Broccoli Breadstick Pudding	15 Chicken Philly Cheesesteak Cream of Spinach Soup Crackers Coleslaw Gelatin	16 Cabbage Casserole Garlic Whipped Potatoes Peas Dinner Roll w/Butter Fresh Fruit	17 Baked Ham w/Pineapple Sauce Whipped Sweet Potato Peas Dinner Roll w/Butter Cookie	18 Country Fried Chicken Mashed Potatoes/Gravy Mixed Vegetables Wheat Bread w/Butter Peach Crisp
21 Korean Meatballs Rice Oriental Vegetables Wheat Bread w/Butter Fresh Fruit	22 Cheese Omelet Peppers & Onions Sausage Patties Hashbrown French Toasts Sticks/Syrup Juice	23 Swiss Steak Onion Gravy Whipped Potatoes Green Beans Wheat Bread w/Butter Pineapple Delight	24 BBQ Chicken Breast Country Collard Greens Baked Beans Dinner Roll Fresh Fruit	25 Grilled Chicken Serviced on Mixed Greens, Cheddar Cheese and Egg Cream of Broccoli Soup Crackers Dinner Roll w/Butter Cookie
28 Balsamic Chicken Rice Island Vegetables Garlic Breadstick Pineapple Tidbits	29 Chicken, Spinach & Cranberry Salad Vegetable Soup Crackers Breadstick Fresh Fruit	30 Crab Cake Sandwich Lettuce & Tomato Tomato Basil Soup Crackers Tartar Sauce Gelatin	31 Lasagna Deluxe Tossed Salad Dinner Roll Cookie	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

JULY 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
1 WEEK IN ADVANCE

NO ONE WILL BE DENIED A MEAL
BECAUSE OF INABILITY TO
MAKE A DONATION

ROBIN JAMES BESHERO
SENIOR CENTER DIRECTOR

