

Cold Meal Option: Turkey & Cheese Sandwich, Side & Dessert

Chef Salad Option: Turkey Chef Salad and Dessert

SHENANGO VALLEY

SENIOR CENTER

220 N. BUHL FARM DR.

HERMITAGE, PA 16148

(724) 981-7950

JUNE 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Meatloaf Mashed Potatoes w/Gravy Corn White Bread w/Butter Fresh Fruit	3 Balsamic Chicken Rice Island Vegetables Garlic Breadstick Pineapple Tidbits	4 Kielbasa on a Bun Homemade Haluski Brussel Sprouts Fresh Fruit	5 Crab Cake on a Bun Lettuce & Tomato Tartar Sauce Tomato Basil Soup Mixed Fruit	6 Birthday Party \$4.00 Lasagna Deluxe Tossed Salad Dinner Roll w/Butter Fresh Fruit Cake Sherbet *Orders due for June 13th Party
9 Salisbury Steak Whipped Potatoes w/Gravy Broccoli Dinner Roll w/Butter Blushed Pears	10 Hot Ham & Cheese on a Bun Cream of Cauliflower Soup Crackers Gelatin	11 Chili w/ Cheese Crackers Tossed Salad Warmed Cornbread Warm Applesauce *Orders due for June 18th Party	12 Cheeseburger on a Bun BBQ Butter Beans Tossed Salad w/ Tomato Mandarin Oranges	13 Father's Day Party \$4.00 Pot Roast w/ Gravy Baked Potato/ Sour Cream Peas Dinner Roll w/Butter Apple Pie w/Ice Cream
16 Open Face Turkey White Bread Whipped Potatoes w/Gravy Sweet Corn Cookie	17 Sweet Sausage on a Bun Peppers & Onions Buttered Noodles Green Beans Blushed Pears	18 Juneteenth Party \$4.00 Chicken Sandwich Buttered Noodles Peas Strawberry Shortcake	19 CENTER CLOSED	20 Taco Salad Tortilla Chips Tortilla Soup Pineapple
23 Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread w/Butter Fresh Fruit	24 Sloppy Joe on a Bun Roasted Sweet Potatoes Cauliflower Cookie	25 Breaded Fish Sandwich Tartar Sauce Macaroni & Cheese Stewed Tomatoes Fresh Fruit	26 Pasta & Meatballs Tossed Salad w/ Tomato Parmesan Cheese Garlic Breadstick Mixed Fruit Salad *Orders due for July 4th Party	27 Turkey Chef Salad Mixed Greens, Cheese, Tomato, Egg Vegetable Soup Crackers Dinner Roll w/Butter Fresh Fruit
30 Pork Loin w/ Mushroom Sauce Rice Broccoli 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	DAILY MENUS ARE SUBJECT TO CHANGE. ALL MENUS MEET OR EX- CEED 1/3 OF THE DAILY RECOM- MENDED ALLOWANCE FOR OLDER ADULTS. DAILY MENU INCLUDES 8 OZ. MILK

<div>Shenango Valley Senior Center</div> <div>JUNE 2025</div> <div>Happy Birthday: Sandy O’Dille, Cathy Martell, Jim, Ricketts, Doug Cerroni, Stephen Theiss, Emil Bello, Dave Torrence, Floy Moreira, Randy Stafford, Lynda Santilli, Max Ackermann, Teryl Guthrie, Cal Moran, Vern DeJong, Paul Ritchie, Kathy Koosh, Richard Gereb, Joe Ference & Marcheta Flint-Campbell</div> <div>June 3rd - Attorney Hartle “Who receives IRA, Insurance, Annuity if you don’t name a beneficiary”</div> <div>June 4th – Doug Love from Tripp Chiropractic “Balance”</div> <div>June 5th – Prize Bingo with Brianna from Nova Hospice</div> <div>June 6th – Music: Gene Testa</div> <div>June 9th – Brittany Buzzelli and Officer Staples speak on “Human Trafficking”</div> <div>June 10th - Representative from Sharon Regional Home Health speaks</div> <div>June 11th - Coffee Chat with Mande from Amedsys</div> <div>June 12th - Prize Bingo with Kavon Wright from Highmark Wholecare</div> <div>June 12th – Tina Tombaugh from Help at Home “Fall Prevention”</div> <div>June 13th – Music: Tammie O’Marrie</div> <div>June 16th – Rosann Cunningham from Humana “10 Tips To Boost Your Energy”</div> <div>June 17th - Kelly Bianco from the Life Program “Smoothie Time”</div> <div>June 18th – Music: Max Shang</div> <div>June 23rd - Craft with Bridget Connolly from Amedsys</div> <div>June 23rd - Tom Hall speaks</div> <div>June 25th – Robert McGoff from Seniors Helping Seniors “Name that Tune”</div> <div>June 26th - Prize Bingo with Rachel from Embassy Health</div> <div>June 27th – Tammie McElhinny from Me Again speaks</div> <div>* Director Bingo/Prize Bingo – 1st card free – additional cards 50 cents each</div>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<div>2 9:00 Breakfast</div> <div>9:30 Bingocize</div> <div>9:30 Bridge</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:30 Inspirational Tymes</div> <div>1:30 Arthritis Exercise w/Robin</div>	<div>3 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:30 Bingocize</div> <div>10:00 Sculpt & Strengthen</div> <div>11:00 Attorney Hartle</div> <div>11:00 Trim & Tone</div> <div>12:30 Yoga</div>	<div>4 9:00 Breakfast</div> <div>9:15 B-I-N-G-O</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:00 Cooking w/Sherry</div> <div>11:00 Speaker</div> <div>12:30 Chair Zumba</div> <div>1:00 Attic Treasures in the Lounge</div> <div>1:30 Arthritis Exercise</div> <div>1:30 Art Group</div>	<div>5 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:30 Laps for Lottery Tickets</div> <div>10:00 Sculpt & Strengthen</div> <div>10:00 Educational Prize Bingo</div> <div>11:30 Nutrition Education w/Robin</div> <div>11:00 Trim and Tone</div> <div>12:30 Yoga</div> <div>1:00 Afternoon Euchre</div>	<div>6 Happy Birthday Party</div> <div>9:00 Breakfast</div> <div>9:00 Arthritis Exercise w/Robin</div> <div>10:00 Prize Bingo</div> <div>11:00 Entertainment</div> <div>1:00 Line Dance</div> <div></div>
	<div>9 9:00 Breakfast</div> <div>9:30 Bingocize</div> <div>9:30 Bridge</div> <div>11:00 Speaker in Multi-purpose room</div> <div>12:30 Chair Zumba</div> <div>1:00 Euchre Group</div> <div>1:30 Arthritis Exercise</div>	<div>10 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:30 Bingocize</div> <div>10:00 Sculpt & Strengthen</div> <div>11:00 Speaker</div> <div>11:00 Trim & Tone</div> <div>12:30 Yoga</div> <div>1:30 ULTRA BINGO</div>	<div>11 9:00 Waffles</div> <div>9:15 B-I-N-G-O</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:00 Cooking w/Sherry</div> <div>11:00 Coffee Chat w/Mande</div> <div>12:30 Chair Zumba</div> <div>1:00 Attic Treasures in the Lounge</div> <div>1:30 Arthritis Exercise</div> <div>1:30 Art Group</div>	<div>12 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:30 Laps for Lottery Tickets</div> <div>10:00 Sculpt & Strengthen</div> <div>10:00 Educational Prize Bingo</div> <div>11:00 Speaker</div> <div>11:00 Trim and Tone</div> <div>12:30 Yoga</div> <div>1:00 Afternoon Euchre</div>	<div>13 Father’s Day Party</div> <div>9:00 Breakfast</div> <div>10:00 Father’s Day Bingo</div> <div>11:00 Entertainment</div> <div>1:00 Line Dance</div>
	<div>16 9:00 Breakfast</div> <div>9:30 Bingocize</div> <div>9:30 Bridge</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:30 Inspirational Tymes</div> <div>11:00 Speaker</div> <div>12:30 Chair Zumba</div> <div>1:30 Arthritis Exercise</div>	<div>17 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:30 Bingocize</div> <div>10:30 Speaker</div> <div>10:00 Sculpt & Strengthen</div> <div>11:00 Trim and Tone</div> <div>12:30 Yoga</div>	<div>18 Juneteenth party</div> <div>9:00 Breakfast</div> <div>9:15 B-I-N-G-O</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:00 Cooking w/Sherry</div> <div>11:00 Entertainment</div> <div>12:30 Chair Zumba</div> <div>1:00 Attic Treasures in the Lounge</div> <div>1:30 Arthritis Exercise</div> <div>1:30 Art Group</div>	<div>19</div> <div></div> <div>Center Closed</div>	<div>20 9:00 Breakfast</div> <div>10:00 Prize Bingo</div> <div>11:00 Trivia</div> <div>1:00 Line Dance</div>
	<div>23 9:00 Breakfast</div> <div>9:00 Bingocize</div> <div>9:30 Bridge</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:00 Craft</div> <div>11:00 Speaker</div> <div>12:30 Chair Zumba</div> <div>1:00 Euchre Group</div> <div>1:30 Arthritis Exercise</div>	<div>24 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:30 Bingocize</div> <div>10:00 Table Games</div> <div>10:00 Sculpt & Strengthen</div> <div>11:00 Grief Support</div> <div>11:00 Trim and Tone</div> <div>12:30 Yoga</div>	<div>25 9:00 Breakfast</div> <div>9:15 B-I-N-G-O</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:00 Cooking w/Sherry</div> <div>11:00 Therapy Dogs</div> <div>11:00 Speaker</div> <div>12:30 Chair Zumba</div> <div>1:00 Attic Treasures in the Lounge</div> <div>1:30 Arthritis Exercise</div> <div>1:30 Art Group</div>	<div>26 9:00 Breakfast</div> <div>9:00 Total Body Fitness</div> <div>9:00 Craft</div> <div>10:00 Educational Prize Bingo</div> <div>10:00 Sculpt and Strengthen</div> <div>11:00 Trim and Tone</div> <div>12:30 Yoga</div> <div>1:00 Afternoon Euchre</div>	<div>27 9:00 Breakfast</div> <div>9:00 Arthritis Exercise w/Robin</div> <div>10:00 Directors Prize Bingo</div> <div>11:00 Speaker</div> <div>1:00 Line Dance</div>
	<div>30 9:00 Breakfast</div> <div>9:30 Bingocize</div> <div>9:30 Bridge</div> <div>10:00 Tai Chi for Arthritis</div> <div>10:30 Inspirational Tymes</div> <div>12:30 Chair Zumba</div> <div>1:30 Arthritis Exercise</div>		<div></div>	<div>Mercer County Area Agency on Aging. Inc</div> <div>133 N. Pitt Street, Mercer</div> <div>724-662-6222</div>	