

Shenango Valley Senior Center

May 2026

Happy Birthday Donna Poroga, Raymond Vamosi, Donald Buchanan, Janet Thiel, Donna Darcangelo, Paula Haenel, Emmagene Williams, Lorrane Henning, Marylouise Lugosch, Sharon Eddy, Judith Reagle, Shery Gereb, Sandra Yez, Anna Mendonca, Grant Dunsmore, Tom Balbach, Francois Pale, Paula Kudelko, and Colleen Laton.

May 1st – Music: Doug James

May 5th – Nacho’s and Cheese for Cinco de Mayo

May 5th – Attorney Hartle *“Do you have a disabled child or grandchild? Learn how an ABLÉ account can help them?”*

May 6th – Jessica Korab *“Mental Health/Skin Cancer Prevention”*

May 8th – Muffins and Mimosa’s for Mom’s in the Board Room (Non Alcoholic of course)

May 8th – Music: Dan Hogan

May 11th – Prize Bingo with Tracy Rose from the Lake of Jefferson

May 12th – Learn how to work air dry clay

May 12th – Ron Mooe from Aetna Speaks

May 13th – Amy Hesselgesser from the BHC “Alcohol”

May 15th – Anna Shears “Mental Health Awareness”

May 19th – Election Day – No Exercise classes

May 19th – Kelly Bianco from the Life Program speaks

May 20th – Center Council Meeting

May 21st – Prize Bingo with Rachel from Concord



May 22nd – Prize Bingo

May 22nd – Music: Gene Testa

May 27th – Therapy Dogs in the TV Room

May 28th – Tammy Lininger speaks

“In May, the earth is full of fragrance, and the heart is full of hope.” – Amy Lowell

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Mercer County Area Agency on Aging, Inc.</i></p> <p>133 N. Pitt Street, Mercer 724-662-6222</p>		<p>Exercise Teachers</p> <p>Patricia Kiefer – Total Body Fitness and Sculpt & Strengthen Deb Harrington – Trim and Tone Sue Torongeau – Yoga Heather Corvino – Chair Zumba, Zumba and Arthritis Exercise</p>		<p>1 Happy Birthday Party </p> <p>9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>
<p>4 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 1:30 Arthritis Exercise</p>	<p>5 9:00 Breakfast 9:00 Total Body Fitness 10:00 Snack: Nacho’s 10:00 Sculpt & Strengthen 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis – Beginners (3) Cinco de Mayo</p>	<p>6 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</p>	<p>7 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 9:30 Bridge Lessons in Seminar Room 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis – Beginners (4)</p>	<p>8 Mother’s Day Party</p> <p>9:00 Breakfast 10:00 Muffins & Mimosa’s For Moms 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>
<p>11 9:00 Breakfast 9:00 Bingocize 10:00 Tai Chi for Arthritis – Advanced 10:00 Educational Prize Bingo 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise</p>	<p>12 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work with Rosemary 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis – Beginners (5) 1:30 Ultra Bingo</p>	<p>13 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</p>	<p>14 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 9:30 Bridge Lessons in Seminar Room 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis – Beginners (6)</p>	<p>15 9:00 Breakfast 9:30 Arthritis Exercise with Robin 11:00 Speaker 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>
<p>18 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 10:30 Puzzle Challenge 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise</p>	<p>19 9:00 Breakfast 9:30 Craft 10:30 Speaker 11:30 Trivia</p> <p style="text-align: center;">Election Day No Exercise Classes</p>	<p>20 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 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>21 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 9:30 Bridge Lessons in Seminar Room 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone</p> <p>Center Closing at Noon – Lunches will be takeout only pickup between 11 to 11:30</p>	<p>22 Memorial Day Party</p> <p>9:30 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>
<p>25</p> <p style="text-align: center;">Memorial Day Center Closed</p>	<p>26 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work with Rosemary 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis – Beginners (7)</p>	<p>27 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 11:00 Therapy dogs in the TV room 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>28 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 9:30 Bridge Lessons in Seminar Room 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis – Beginners (8)</p>	<p>29 9:30 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Corn Hole in the Multi purpose room 1:00 Line Dance 1:00 Attic Treasure in the Lounge</p>

Shenango Valley Senior Center Menu for May 2026

MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Cold Meatloaf Sandwich

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mercer County Area Agency on Aging, Inc.</p> <p>133 N. Pitt Street, Mercer 724-662-6222</p>				<p>1 Birthday Party \$4.00 Creamy Tuna Salad Sandwich Crispy Broccoli Salad Pickled Beet Salad Fresh Fruit Cake and Ice Cream</p>
<p>4 Oven Baked Lasagna Roll Up in a Creamy Spinach Sauce Peas & Pearl Onion Medley Carrots Garlic Herb Breadstick Fresh Fruit</p>	<p>5 Italian Meatball Sub on a bun Pasta Fagioli Soup Garden Tossed Salad Fresh Fruit</p>	<p>6 Roasted Turkey with Gravy Wheat Bread Garlic Mashed Potatoes Seasoned Sweet Corn</p>	<p>7 Classic Cheeseburger on a Bun Golden Roasted Potatoes Vegetable Medley Mandarin Oranges</p>	<p>8 Mother's Day Party \$4.00 Stuffed Chicken Breast w/Gravy Baked Potato w/Sour Cream California Blend Vegetables Dinner Roll w/butter Cheesecake with Strawberries</p>
<p>11 Swedish Meatball in Cream Sauce Buttered Pasta Seasoned Broccoli Dinner Roll w/Butter Warm Spiced Peaches</p>	<p>12 Homemade Chili with Cheese Over Oven Baked Potato Garden Tossed Salad Fresh Baked Cornbread Mixed Fruit</p>	<p>13 Creamy Chicken Salad On a Bun Marinated Tomato/Cucumber Salad Macaroni Salad Fresh Fruit</p>	<p>14 Oven Baked Hot Dog On a Bun Cheddar Cheese Potatoes Seasoned Green Peas Sweet Pineapple Tidbits</p>	<p>15 Chopped Beef Steak w/Gravy Bake Potato Mixed Vegetables Wheat Bread w/butter Fresh Baked Cookie</p>
<p>18 Potato Crusted Pollock Sweet Corn/Red Pepper Relish Macaroni and Cheese Stewed Tomatoes Wheat Bread w/Butter Fresh Fruit</p>	<p>19 Classic Penne with Meatballs Garden Tossed Salad Garlic Herb Breadstick Warm Spiced Apples</p>	<p>20 Tender Roast Beef Beef Gravy Mashed Potatoes Seasoned Carrots White Bread w/Butter Warm Spiced Peaches</p>	<p>21 Ham Salad on a Bun Coleslaw Beets Orange</p> <p>Pick up lunch by 11:30 Center Closed at Noon</p>	<p>22 Memorial Day Party \$4.00 Stadium Hot Dog on a Bun Baked Beans Macaroni Salad Melon Stuffed Cupcake</p>
<p>25 Memorial Day Center Closed</p>	<p>26 Sweet and Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread w/Butter Fruited Flavored Gelatin</p>	<p>27 Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread w/Butter Fresh Fruit</p>	<p>28 Spinach & Cranberry Salad With Chicken Creamy Cauliflower Soup Cracker Dinner Roll w/Butter Chocolate Pudding</p>	<p>29 BBQ Port Rib Sandwich On a Bun Seasoned Sweet Corn Oven Roasted Brussel Sprouts Fresh Fruit</p>

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



SENIOR CENTER
HOURS:
MONDAY-FRIDAY
8:30 AM-4:30 PM
CLOSED WEEKEND'S

PLEASE ALLOW 2 BUSINESS
DAY
NOTICE BY 2PM TO
RESERVE A LUNCH

WE ASK THAT ALL PARTY
RESERVATIONS BE PREPAID
& ORDERED
ONE WEEK IN ADVANCE

NO ONE WILL BE DENIED
A MEAL BECAUSE OF INABIL-
ITY TO MAKE A DONATION.

ROBIN JAMES BESHRO,
SENIOR CENTER DIRECTOR