

MERCER COUNTY AREA AGENCY ON AGING, INC. Shenango Valley Senior Center October 2025

Cold Meal Option: Ham & Cheese Sandwich, Side & 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. | 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 HERE IN THE BUILDING. Thank You | 1Roast Beef w/Gravy Mashed Potatoes Carrots Wheat Bread w/butter Fresh Fruit | 2Turkey/Cheese Croissant Lettuce & Tomato Corn Chowder Crackers Apple Crisp | 3 Birthday Party \$4.00 Chili w/ Cheese Crackers Tossed Salad w/ Tomato Cornbread w/butter Cake and Sherbet Fresh Fruit |
| 6Fish Sandwich on a Bun Tartar Sauce Mac & Cheese Coleslaw Blushed Fruit | 7Swedish Meatballs Buttered Pasta Peas Breadstick Gelatin | 8Cheese Omelet with Peppers & Onions Sausage Links Hash Brown Patty Fr. Toast Sticks/Syrup Orange Juice | 9Baked Meatloaf w/ Gravy Mashed Potatoes Carrots Wheat Bread w/butter Oatmeal Cream Pie | 10Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread w/butter Angel Food Cake w/Strawberries |
| 13Center Closed | 14Chicken Paprikash w/Creamy Tomato Sauce Rice Brussel Sprouts Wheat Bread w/butter Cookie | 15Sloppy Joe on a bun Tator Tots Green Beans Fresh Fruit | 16Roasted Honey Garlic Pork Loin Rice Steamed Broccoli Dinner Roll w/butter Fruited Gelatin | 17Turkey Chef Salad Vegetable Soup Crackers Dinner Roll w/butter Fresh Fruit |
| 20Kielbasa w/Kraut On a Bun Buttered Noodles Cali Blend Vegetables Applesauce | 21Stuffed Pepper Garlic Whipped Potatoes Carrots White Bread w/butter Cookie | 22Chicken Philly On a Hoagie Roll Creamy Spinach Soup Coleslaw Gelatin | 23Salisbury Steak w/Gravy Whipped Potatoes Peas Dinner Roll w/butter Fresh Fruit Last Day to reserve for 10/31 | 24Creamy Chicken Tortellini Tossed Salad w/ Tomato Breadstick Spiced Fruit |
| 27Cheeseburger on a Bun Tator Tots Tossed Salad w/Tomato Baked Pineapple | 28General Tso's Chicken Rice Garlic Broccoli Fresh Fruit | 29Ham w/Pineapple Sauce Whipped Sweet Potatoes Peas & Carrots Dinner Roll w/butter Cookie | 30Popcorn Chicken w/Gravy Whipped Potatoes Corn Biscuit w/butter Fresh Fruit | 31Halloween Party \$4.00 Sausage on Bun Peppers & Onions Tator Tots Carrots Orange Poke Cake |

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

OCTOBER 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 one week in advance

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

Robin James Beshero
Senior Center Director



Shenango Valley Senior Center

October 2025

Happy Birthday: Roberta Becker, Eileen Oster, Thea Betts, Evon TurnerI, Marian Mastrian, Tom Moyer, Peter Santilli, Fatimata Pale, Greg Vanderveen, Joan Laird, Rita Ferringier, Steve Smith, and John Madura

October 1st – Jessica Korab from Caretenders Disease Management”

October 2nd – Prize Bingo with Brianna from Nova Hospice

October 2nd – Wellness Support with Noreen

October 3rd – Music: Greg Vanderveen

October 7th – Prize Bingo with Suzy Boyer and Brandi Ray from Jameson Senior Living

October 7th – Attorney Hartle: “*When engaging in long term planning for the future, you need to retain assets to pay for care at home and assisted living facilities. Learn how.*”

October 8th - Coffee Chat with Mande from Amedsys

October 9th - Prize Bingo with Kavon Wright from Highmark Wholecare

October 14th – Learn how to work air dry clay

October 15th – Center council meeting

October 16th – Prize Bingo with Tammy from St. Paul’s

October 21st –Kelly Bianco from the Life Program – “Breast cancer awareness with prize bingo”

October 22nd - Robert McGoff from Seniors Helping Seniors “Name that Tune”

October 23rd - Prize Bingo with Rachel from Embassy Health

October 23rd – Nikki Reckard speaks on Medicare Changes

October 27th – Cindy Durst from Primary Health

October 29th – Fire Prevention with Jim Reda, Hermitage Fire Department

October 30th – Prize Bingo with Nikki Reckard



October 31st – Music: Doug james

****Book Club “*Bucket List*” By Rachel Hanna**

Space limited - must sign up

October 14th & 28th

****Costume Contest on October 31st** prizes will be awarded for 1st, 2nd and 3rd place.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|--|
| <i>Mercer County Area Agency on Aging, Inc.</i> <i>133 N. Pitt Street, Mercer</i> <i>724-662-6222</i> |  | 1 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group | 2 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 | 3 Happy Birthday Party 9:00 Breakfast 10:00 Prize Bingo 11:00 Entertainment 1:00 Line Dance  |
| 6 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi For Arthritis 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise | 7 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim & Tone 11:00 Legal Advice 12:30 Yoga 1:30 Tai Chi for Arthritis Beginners 1:30 3:30 Bridge Lessons 1:30 Ultra Bingo | 8 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Coffee Chat 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1-4 Me Again Boutique 1:30 Arthritis Exercise 1:30 Art Group | 9 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 1:30 Tai Chi for Arthritis Beginners 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginners | 10 9:00 Breakfast 9:30 Arthritis Exercise 10:30 Director’s Prize Bingo 11:30 Nutrition Educ. w/Robin 1:00 Line Dance |
| 13 <i>Center Closed</i> | 14 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work with Rosemary 10:00 Sculpt & Strengthen 10:30 Book Club in Seminar Room 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginners 1:30 3:30 Bridge Lessons | 15 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Center Council Meeting 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group | 16 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 1:30 Tai Chi for Arthritis Beginners | 17 9:30 Breakfast 9:30 Arthritis Exercise 10:30 Halloween Racing game of chance 11:30 Trivia 1:00 Line Dance |
| 20 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 11:00 Zumba 12:30 Chair Zumba 1:00 Learn to Crochet with Ruth 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise | 21 9:00 Breakfast 9:00 Total Body Fitness 10:30 Speaker w/prize bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginners 1:30 3:30 Bridge Lessons | 22 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Therapy Dogs in TV Lounge 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group | 23 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 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1:30 Tai Chi for Arthritis Beginners | 24 9:00 Breakfast 9:30 Arthritis Exercise 10:30 Prize Bingo 11:30 Trivia 1:00 Line Dance |
| 27 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 10:30 Paint Pumpkins 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Learn to Crochet with Ruth 1:00 Euchre Group 1:00 Bridge in Seminar Room 1:30 Arthritis Exercise | 28 9:00 Breakfast 9:00 Total Body Fitness 9:30 Bingocize 10:00 Sculpt & Strengthen 10:30 Book Club in Seminar Room 11:00 Trim and Tone 12:30 Yoga 1:30 Tai Chi for Arthritis Beginners | 29 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 10:00 Cooking w/Sherry 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group | 30 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 1:30 Tai Chi for Arthritis Beginners | 31 Halloween Party 9:00 Breakfast 9:30 “BOO” Bingo 11:00 Entertainment 1:00 Line Dance *Costume Contest* |