

## Shenango Valley Senior Center

### October 2026

**Happy Birthday:** Judy Leonard, Roberta Becker, Eileen Oster, Diana Finemore, Deborah Bacon, Thea Betts, Amy Meyer, Evon Turner, Patricia Walker, Marian Mastrian, Sandra Morgan-Evans, Gerald Grgurich, Greg Vanderveen, Patricia Robinson, Mary Blasko, Ken Williams, Rita Ferringier, Linda Deforest, Steve Smith, Carolyn Dobrozdravic, Karen Rosati and John Madura

**October 1<sup>st</sup>** – Wellness support with Noreen Sokolak  
**October 2<sup>nd</sup>** – Prize Bingo  
**October 2<sup>nd</sup>** – Music: Terry Dach  
**October 6<sup>th</sup>** – Attorney Hartle *“Should you have a last will and testament or a revocable trust?”*  
**October 7<sup>th</sup>** – Jessica Korb presents “Breast Cancer/Mental Health Awareness”  
**October 8<sup>th</sup>** – Educational Prize Bingo with Kavon from Highmark  
**October 9<sup>th</sup>** – Attic Antique Treasures in the Dining Room  
**October 13<sup>th</sup>** – Bereavement with Jennifer Campbell  
**October 15<sup>th</sup>** – Educational Prize Bingo with Rachel from Concord  
**October 16<sup>th</sup>** – Fall Social with Sam Tonelli as DJ playing all music as well as taking music requests, come dance, have refreshments and have FUN!!  
**October 20<sup>th</sup>** – Educational Prize bingo with Kelly Bianco from the Life Program  
**October 21<sup>st</sup>** – Center Council Meeting  
**October 22<sup>nd</sup>** – Educational Prize Bingo with Tammy Lininger from St. Paul Home  
**October 22<sup>nd</sup>** – Bereavement with Jennifer Campbell  
**October 23<sup>rd</sup>** – Attic Antique Treasures  
**October 26<sup>th</sup>** – Cindy Durst from Primary Health speaks  
**October 28<sup>th</sup>** – Ericka Dersheimer speaks on “Open Enrollment”  
**October 29<sup>th</sup>** – Educational Prize Bingo with Nikki Reckard from Senior Health and Wealth Benefits  
**October 30<sup>th</sup>** – Music: Ukuladies

| MONDAY                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                        |
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|                                                                                                                                                                 | <i>Mercer County Area Agency on Aging, Inc.</i><br><br><i>133 N. Pitt Street, Mercer</i><br><i>724-662-6222</i>                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                | <b>1 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>10:00</b> Sculpt & Strengthen<br><b>11:00</b> Wellness Support<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre                                    | <b>2 Happy Birthday Party</b><br><b>9:00</b> Breakfast<br><b>9:30</b> Prize Bingo<br><b>11:00</b> Entertainment<br><b>1:00</b> Line Dance  |
| <b>5 9:00</b> Breakfast<br><b>9:30</b> Bingocize<br><b>10:00</b> Tai Chi for Arthritis – Advanced<br><b>10:30</b> Inspirational Tymes<br><b>11:00</b> Zumba<br><b>12:30</b> Chair Zumba<br><b>1:00</b> Bridge<br><b>1:30</b> Arthritis Exercise  | <b>6 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Tops of Sharon*<br><b>9:30</b> Bingocize<br><b>10:00</b> Sculpt & Strengthen<br><b>11:00</b> Legal Advice<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:30</b> Ultra Bingo                                                     | <b>7 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>11:00</b> Zumba<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group                                                                                                                                  | <b>8 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>10:00</b> Sculpt & Strengthen<br><b>10:00</b> Educational Prize Bingo<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre                             | <b>9 9:00</b> Breakfast<br><b>10:00</b> Arthritis Exercise w/Robin<br><b>11:00</b> Attic Antique Treasure<br><b>1:00</b> Line Dance                                                                                           |
| <b>12</b><br><br><b>Center Closed</b>                                                                                                                                                                                                            | <b>13 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Clay Work<br><b>9:30</b> Tops of Sharon*<br><b>10:00</b> Sculpt & Strengthen<br><b>10:30</b> Bingocize<br><b>11:00</b> Trim and Tone<br><b>11:00</b> Bereavement<br><b>12:30</b> Yoga<br><del><b>1:30</b> Ultra Bingo</del> <i>Mistake</i> | <b>14 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>10:00</b> Tai Chi for Arthritis – Advanced<br><b>11:00</b> Zumba<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group                                                                                | <b>15 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>10:00</b> Sculpt & Strengthen<br><b>10:00</b> Educational Prize Bingo<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre                            | <b>16 9:00</b> Breakfast<br><b>10:00</b> Arthritis Exercise w/Robin<br><b>11:00</b> Racing Game of Chance<br><b>1:00-4:00</b> Fall Dance Social                                                                               |
| <b>19 9:00</b> Breakfast<br><b>9:30</b> Bingocize<br><b>10:00</b> Tai Chi for Arthritis – Advanced<br><b>10:30</b> Inspirational Tymes<br><b>11:00</b> Zumba<br><b>12:30</b> Chair Zumba<br><b>1:00</b> Bridge<br><b>1:30</b> Arthritis Exercise | <b>20 9:00</b> Waffles<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Tops of Sharon*<br><b>9:30</b> Bingocize<br><b>10:00</b> Sculpt & Strengthen<br><b>10:30</b> Educational Prize Bingo<br><b>11:00</b> Trim n Tone<br><b>12:30</b> Yoga                                                                        | <b>21 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>10:00</b> Tai Chi for Arthritis - Advanced<br><b>11:00</b> Zumba<br><b>11:00</b> Therapy dogs in TV Room<br><b>11:30</b> Center Council Meeting<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group | <b>22 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>10:00</b> Sculpt & Strengthen<br><b>10:00</b> Educational Prize Bingo<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre<br><b>1:00</b> Bereavement | <b>23 9:00</b> Breakfast<br><b>10:00</b> Arthritis Exercise w/Robin<br><b>11:00</b> Attic Antique Treasures<br><b>1:00</b> Line Dance                                                                                         |
| <b>26 9:00</b> Breakfast<br><b>9:30</b> Bingocize<br><b>10:00</b> Tai Chi for Arthritis – Advanced<br><b>11:00</b> Speaker<br><b>11:00</b> Zumba<br><b>12:30</b> Chair Zumba<br><b>1:00</b> Bridge<br><b>1:30</b> Arthritis Exercise             | <b>27 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Clay Work<br><b>9:30</b> Tops of Sharon*<br><b>10:00</b> Sculpt & Strengthen<br><b>10:30</b> Bingocize<br><b>11:00</b> Trim n Tone<br><b>12:30</b> Yoga                                                                                    | <b>28 9:00</b> Breakfast<br><b>9:15</b> B-I-N-G-O<br><b>11:00</b> Speaker<br><b>11:00</b> Zumba<br><b>12:30</b> Chair Zumba<br><b>1:30</b> Arthritis Exercise<br><b>1:30</b> Art Group                                                                                                         | <b>29 9:00</b> Breakfast<br><b>9:00</b> Total Body Fitness<br><b>9:30</b> Laps for Lottery Tickets<br><b>10:00</b> Sculpt & Strengthen<br><b>10:00</b> Educational Prize Bingo<br><b>11:00</b> Trim and Tone<br><b>12:30</b> Yoga<br><b>1:00</b> Afternoon Euchre                            | <b>30 Halloween Party</b><br><b>9:00</b> Breakfast<br><b>9:30</b> Boo Bingo<br><b>11:00</b> Entertainment<br><b>1:00</b> Line Dance<br><br><i>Prizes for the best costume</i>                                                 |

# Shenango Valley Senior Center Menu for October 2026

MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Ham & Cheese

Meals are served with 8 ounces of milk. All meals are subject to change due to availability of product

| MONDAY                                                                                                                                             | TUESDAY                                                                                                                                             | WEDNESDAY                                                                                                                               | THURSDAY                                                                                                                                                                              | FRIDAY                                                                                                                                             |
|----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                   | <b>Mercer County Area Agency on Aging, Inc.</b><br><br><b>133 N. Pitt Street, Mercer</b><br><b>724-662-6222</b>                                     | <b>Please arrive at the center by 11:30 for Lunch</b>                                                                                   | <b>1</b><br><br>Classic Cheeseburger<br>Golden Roasted Potatoes<br>Vegetable Medley<br>Fresh Fruit                                                                                    | <b>2 Birthday Party</b><br><br>Roasted Turkey w/Gravy<br>Garlic Mashed Potatoes<br>Seasoned Sweet Corn<br>Fresh Baked Cookie<br>Cake Ice Cream     |
| <b>5</b><br><br>Breakfast Omelet<br>Corn Beef Hash w/peppers & onions<br>Roasted Cinnamon Brown Sugar<br>Ti-Colored Sweet Potatoes<br>Orange Juice | <b>6</b><br><br>Chicken/Spaetzle Dumpling Soup<br>Garden Tossed Salad<br>Brown Sugar Glazed Carrots<br>Buttery Biscuit w/butter<br>Mandarin Oranges | <b>7</b><br><br>Swedish Meatballs<br>Buttered Parsley Pasta<br>Steamed Seasoned Cauliflower<br>Fruit Medley                             | <b>8</b><br><br>Hot Dog on a Bun<br>Cheddar Cheese Potatoes<br>Seasoned Green Peas<br>Fresh Fruit                                                                                     | <b>9</b><br><br>Grilled Chicken Cacciatore<br>Parmesan Garlic Broccoli<br>Buttered Parsley Pasta<br>Fresh Fruit                                    |
| <b>12</b><br><br><b>Center Closed</b>                                                                                                              | <b>13</b><br><br>Meatballs Parmesan<br>Buttered Parsley Penne<br>Seasoned Broccoli<br>Sweet Pineapple Tidbits                                       | <b>14</b><br><br>Sausage Egg Scramble<br>Homestyle O'Brien Potatoes<br>Orange Juice<br>Buttery Biscuit                                  | <b>15</b><br><br>Chicken Philly Hoagie<br>Cream of Potato Soup<br>Garden Tossed Salad                                                                                                 | <b>16</b><br><br>Tender Roast Beef<br>Mashed Potatoes/Gravy<br>Winter Blend Vegetables<br>White Bread w/butter<br>Fresh Fruit                      |
| <b>19</b><br><br>Parmesan Garlic Chicken Salad<br>Orange Juice<br>Dinner Roll w/butter<br>Fresh Bake Cookie                                        | <b>20</b><br><br>Crispy Pollock Fillet<br>With Tartar Sauce<br>Stewed Tomatoes<br>Macaroni & Cheese<br>Fresh Fruit                                  | <b>21</b><br><br>BBQ Pork Rib Sandwich<br>Steamed Seasoned Cauliflower<br>Homestyle Coleslaw<br>Warm Spiced Apples                      | <b>22</b><br><br>Baked Meatloaf<br>Garlic Mashed Potatoes<br>With Onion Gravy<br>Seasoned Peas<br>Wheat Bread w/butter<br>Fresh Fruit<br><br><i>Last day to order for 10/30 party</i> | <b>23</b><br><br>Homemade Chilli w/cheese<br>Oven Baked Potato<br>Garden Tossed Salad<br>Garlic Breadstick                                         |
| <b>26</b><br><br>Crispy Dill Chicken Sandwich<br>Golden Roasted Potatoes<br>Winter Blend Vegetables                                                | <b>27</b><br><br>Slow Roasted Pork Loin<br>Cranberry Orange Sauce<br>Steamed Brown Rice<br>Brussel Sprouts<br>Fresh Fruit                           | <b>28</b><br><br>Grilled Chicken Supreme<br>Chicken Gravy<br>Herbed Rice Pilaf<br>Buttered Carrots<br>Fresh Fruit<br>Fresh Baked Cookie | <b>29</b><br><br>Southwest Taco Salad<br>Seasoned Sweet Corn<br>Crisp Tortilla Chips<br>Mandarin Oranges                                                                              | <b>30 Halloween Party \$4</b><br><br>Sweet Italian Sausage Sandwich<br>With Peppers and Onions<br>Tater Tots<br>Sliced Carrots<br>Orange Poke Cake |

SHENANGO VALLEY SENIOR CENTER  
 220 N. BUHL FARM DR.  
 HERMITAGE, PA 16148  
 724-981-7950  
 OCTOBER 2026



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

PLEASE ALLOW 2 BUSINESS DAYS'  
 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 AN INABILITY TO  
 MAKE A DONATION

**ROBIN JAMES-BESHERO**  
 SENIOR CENTER DIRECTOR