




Shenango Valley Senior Center September 2024

Happy Birthday: Gale Kocis, Sandra Campbell, James Cerroni, Dolores Connors, Tammy O'Marrie, John Outrakis, Joyce Reefer, Karen Tillotson, Ruth Burnside, Greg Davis, Dorothy Greene, Cliff Tillotson, Mina Gargiulo, and Nancy Staal

September 3rd – Attorney Hartle Speaks: “Probate vs Non Probate Assets Question and Answer game”
September 5th – Prize Bingo with Brianna from Nova Hospice
September 5th – Wellness Support with Noreen Sokolak
September 6th – Music by the Tug Creek Band
September 12th – Prize Bingo with Kavon from Highmark Wholecare.
September 13th – Blood Pressure Screenings sponsored by Med Expressw
September 16th – Richard Kralj speaks on Vaccine Awareness
September 19th – Reiki with Krista Wentz (Meditation)
September 22nd – 1st Day of Fall
September 23rd – Craft with Bridget Connolly from Amedsys
September 23rd – Anna Shears speaks on Suicide Prevention
September 24th – Flu Shot Clinic with Walberg Pharmacy
September 26th – Prize Bingo with Rachel from Embassy Health
September 27th – Music by Darren Lambert Septe
September 30th – Seniors Self Defense with Joe Scarsella from Clepper Manor

* **Director Bingo/Prize Bingo** – 1st card free – additional cards 50 cents each

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  Center Closed	3 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Book Club 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga	4 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	5 9:00 Breakfast 9:00 Total Body Fitness 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	6 Happy Birthday Party  9:00 Breakfast 9:30 Arthritis Exercise w/Robin 11:00 Entertainment 1:00 Director's Bingo 1:00 Attc Treasures in Lounge 1:00 Line Dancing
9 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	10 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Book Club 11:00 Trim and Tone 12:30 Yoga	11 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	12 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	13 9:00 Breakfast 10:00 Duck Race Game of Chance 11:00 Blood Pressure Screening 1:00 Line Dancing 1:30 Ultra Bingo 1:00 Attc Treasures in Lounge
16 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:30 Inspirational Tymes 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise	17 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Book Club 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga	18 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	19 9:00 Breakfast 9:00 Total Body Fitness 10:00 Reiki w/Krista 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	20 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Snack 1:00 Line Dancing 1:00 Director's Bingo 1:00 Attc Treasures in Lounge National String Cheese Day
23 9:00 Breakfast 9:00 Bingocize 9:30 Bridge 10:00 Craft w/Bridget 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	24 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Book Club 10:00 Sculpt & Strengthen 10:00 Flu Shot Clinic 11:00 Trim and Tone 12:30 Yoga	25 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Snack 11:00 Therapy dogs 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group National Quesadilla Day	26 9:00 Breakfast - Pancakes 9:00 Total Body Fitness 10:00 Educational Prize Bingo 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre National Pancake Day	27 Autumn Party 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 11:00 Entertainment 1:00 Directors Bingo* 1:00 Line Dancing 1:00 Attc Treasures in Lounge
30 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise National Orange Shirt Day			Mercer County Area Agency on Aging. Inc 133 N. Pitt Street Mercer, PA 724-662-6222	

Cold Meal Option for the month: Egg Salad Sandwich, Side & Dessert

September 2024



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**

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 <i>Senior Center Closed</i>	3 Ham Slice w/ Pineapple Sauce Sweet Potato Green Beans Dinner Roll Pudding	4 Orange Glazed Pork Loin Buttered Pasta California Blend Vegetables Wheat Bread Fresh Fruit	5 Warm Ham & Cheese On a Bun Tomato Soup Crackers Cookie	6 <i>Birthday Party \$4.00</i> Chicken Parmesan Buttered Noodles Tossed Salad w/ Tomato Breadstick Apple Cake Ice Cream
9 Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread Rice Pudding	10 Stuffed Pepper Garlic Whipped Potatoes Peas & Carrots White Bread Peach Crisp	11 Turkey Chef Salad Vegetable Soup Crackers Dinner Roll Gelatin	12 Sloppy Joe Bun Tater Tots Green Beans Fresh Fruit	13 Swiss Steak Onion Gravy Whipped Potatoes Carrots Wheat Bread Blushed Pears
16 Vegetable Lasagna Tossed Salad Garlic Breadstick Peaches	17 Garlic Chicken Breast Buttered Noodles Roasted Brussel Sprouts Wheat Bread Mandarin Oranges	18 Baked Meatloaf / Gravy Mashed Potatoes Peas White Bread Fresh Fruit	19 Lemon Pepper Fish Tartar Sauce Rice Pilaf California Blend Vegetables Dinner Roll Gelatin	20 BBQ Pork Loin Diced Redskin potatoes Green Beans Dinner Roll Pineapple Tidbits
23 Pasta & Meatballs Parmesan Cheese Tossed Salad w/ Tomato Garlic Breadstick Mixed Fruit Salad	24 Cheese Omelet w/ Peppers, Onions Sausage Patty Hash Brown English Muffin Jelly Apple Juice	25 Grilled Chicken Caesar Salad Cream Of Broccoli Soup Crackers Dinner Roll Blushed Pears	26 Mango BBQ Chicken Breast Brown Rice Carrots Wheat Bread Fresh Orange	27 <i>Autumn Party \$4.00</i> Country Fried Chicken Gravy Baked Potato Sour Cream Boston Cream Pie
30 Crab Cake Rice Island Blend Vegetables Tartar Sauce Wheat Bread Cinnamon Applesauce			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 ANY ONE ELSE HERE IN THE BUILDING WANTING ONE. THANK YOU	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