

Shenango Valley Senior Center

September 2026

Happy Birthday: Jo Lynn Devries, Patricia Racz, Beverly Cocain, Donna Bell, Charlotte Dunlap, Gale Kocis, Jean Peachman, Mary Lou Baldoff, Alfonsina Albanese, Joe May, Jim Phillips, James Cerroni, Tammy O’Marrie, Laraine Bochy, Laurie Burt, Cindy Jorewicz, Diane Martin, Joyce Reefer, Carol Alfredo, Ruth Burnside, Kathi Brown, Cary Cowell, Debbie Falvo, Jean Jewel, Marybeth Fiscus, Greg Davis, Jeanne Hoover, Diana Cantellops, Catherine McSherry, Liz Milo, Karen Liska, Bernaardine Madasz, Julie Laird, Chris Shaffer, Mina Gargiulo, Mary Lou Hrick, Carol Ristvey, Darla Gilliland, Betty Moore and Mary Sykola.

September 1st – Attorney Hartle “Annuities: The top 4 things you should know!”

September 2nd – Jessica Korb presents “Healthy Aging”

September 3rd – Wellness support with Noreen

September 4th – Red-White-Blue bingo

September 4th – Music: Doug James

September 10th – Educational Prize Bingo with Kavon from Highmark

September 11th -Music: Gene Testa

September 14th – National Coloring Day – Lets color pictures

September 15th – Educational prize bingo with Kelly Bianco from the Life Program

September 16th – Center Council Meeting

September 17th – Educational Prize bingo with Rachel from Concord

September 18th – Music Bingo with Ashlee Butryn from Gentiva hospice

September 24th – Tammy Lininger from St. Paul Home speaks “Sleep and Restful Habits”

September 25th – Educational prize bingo with Tim Lyons from Lake of Jefferson

September 25th – Dr. Jeffrey Watts from the Edgewoods Surgical Center for Spine and Pain Management

Spetember 28th – Cindy Durst from Primary Health speaks

September 30th – Anna Shears presents Suicide Prevention “Talk Saves Lives”

Titusville train ride will be Thursday, October 1st.

Sign up for the Train ride will start at 1:30pm Tuesday, September 1st. You must sign up in person with Robin.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Breakfast 9:00 Total Body Fitness 9:30 Tops of Sharon* 9:30 Craft 10:00 Sculpt & Strengthen 11:00 Trim and Tone 11:00 Legal Advice 12:30 Yoga	2 9:00 Breakfast 9:15 B-I-N-G-O 11:00 Speaker 11:00 Zumba 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	3 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 11:00 Wellness Support 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	4 Labor Day Party 9:00 Breakfast 9:30 Red White and Blue Bingo 11:00 Entertainment 1:00 Attic Treasure in the Lounge **No Line dance today**
7 Labor Day Center Closed	8 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga	9 9:00 Breakfast 9:15 B-I-N-G-O 11:00 Zumba 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	10 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	11 Happy Birthday Party 9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge 
14 9:00 Breakfast 9:30 Bingocize 10:30 National Coloring Day 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	15 9:00 Breakfast 9:00 Total Body Fitness 9:30 Trivia or Table Games 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 10:30 Educational Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:30 Ultra Bingo	16 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	17 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	18 9:30 Breakfast 10:00 Arthritis Exercise w/Robin 10:00 Racing Game of Chance 11:00 Music Bingo 1:00 Line Dance 1:00 Attic Treasure in the Lounge
21 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 1:30 Arthritis Exercise	22 9:00 Breakfast 9:00 Total Body Fitness 9:30 Clay work 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Trim n Tone 12:30 Yoga	23 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 TV Room 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	24 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	25 9:30 Breakfast 10:00 Arthritis Exercise w/Robin 10:00 Educational Prize Bingo 11:00 Speaker 1:00 Line Dance 1:00 Attic Treasure in the Lounge
28 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Speaker 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	29 9:00 Breakfast 9:00 Total Body Fitness 9:30 Tops of Sharon* 9:30 Craft 10:00 Sculpt & Strengthen 11:00 Trim n Tone 12:30 Yoga	30 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis – Advanced 11:00 Speaker 11:00 Zumba 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group		Mercer County Area Agency on Aging, Inc. 133 N. Pitt Street, Mercer 724-662-6222

Shenango Valley Senior Center Menu for September 2026

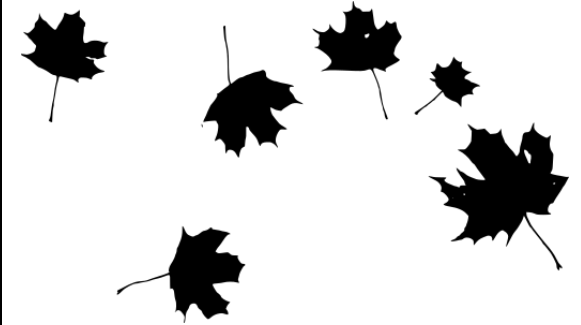
MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Tuna Salad

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread w/Butter Gelatin	2 Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread w/butter Fresh Fruit	3 Chicken, Spinach & Cranberry Salad Creamy Cauliflower Soup Crackers Dinner Roll w/butter Chocolate Pudding	4 Labor Day Party \$4.00 Pulled Pork Sandwich Potato Salad Baked Beans Strawberry Shortcake
7  Center Closed	8 Baked Meatloaf Caramelized Onion Gravy Garlic Mashed Potatoes Seasoned Carrots Wheat Bread w/Butter Fresh Fruit	9 Slow Roasted Pork Roasted Mushroom Sauce Steamed Brown Rice Seasoned Broccoli Fresh Fruit	10 Crispy Dill Chicken Sandwich Golden Roasted Potatoes Warm Sliced Apples Homestyle Coleslaw	11 Birthday Party \$4.00 Homemade Chili w/cheese Oven Baked Potato Garden Tossed Salad Fresh Baked Cornbread Cake and Ice Cream
14 Braised Beef Pot Roast Mashed Potatoes w/Gravy Vegetable Medley White Bread w/butter Warm Spiced Apples	15 Chef's Grilled Chicken Salad Cream of Broccoli Soup Crackers Dinner Roll w/butter Gelatin	16 Creamy Alfredo Pasta With Meatballs Peas & Pearl Onions Medley Garlic Breadstick Fresh Fruit	17 Crispy General Tso's Chicken Fluffy Steamed Rice Broccoli with Garlic Sweet Pineapple Tidbit Fresh Baked Cookie	18 Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Carrots Dinner Roll w/butter Fresh Fruit
21 Savory Farmhouse Omelet With Peppers & Onions Herbed Breakfast Potatoes Sausage Links French Toast Sticks w/Syrup Warm Spiced Pears Buttery Baked Biscuit	22 Ham with BBQ Glaze on a Bun Seasoned Green Beans Homestyle Coleslaw Warm Spiced Apples	23 Crispy Chicken Cutlet Mashed Potatoes/Pan Gravy Oven Roasted Brussel Sprouts Wheat Bread w/butter Fruit Medley	24 Cube Steak w/Onions & Peppers In a Red Sauce Oven Baked Potato Sour Cream Seasoned Carrots Wheat Bread w/butter Gelatin	25 Creamy Tuna Salad Sandwich Crispy Broccoli Salad Pickled Beet Salad Fresh Fruit
28 Oven Baked Lasagna Roll Up In a Cream of Spinach Sauce Peas & Pearl Onion Medley California Blend Vegetables Garlic Herb Breadstick Fresh Fruit	29 Italian Meatball Sub Pasta Fagioli Soup Garden Tossed Salad Fresh Fruit	30 Grilled Chicken Breast Broccoli, Cheese & Rice Casserole Seasoned Carrots Dinner Roll w/butter Diced Pears	Mercer County Area Agency on Aging, Inc. 133 N. Pitt Street, Mercer 724-662-6222	Please arrive at the center by 11:30 for Lunch

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