

Welcome to The McQuiston Center!

Our inside track is a safe place to walk 20 times around=1 mile. Walk for your health!

**Our fitness room has treadmills, exercise bikes, recumbent bikes weights and other equipment.

(**Activities subject to change**)

*Please join us and say thank you to all our dedicated volunteers-
September 16th.

Our Fall Potluck is on September 25. Please sign up to bring something to share

Monday	Tuesday	Wednesday	Thursday	Friday
1 	1 <u>McQuistonator Breakfast Sandwich \$1.00 (8:30-9:30)</u> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	2 <u>BIRTHDAY \$4.00</u> 9:15 Inspirational Hour 10:00 Seniorcise 1:00 Fitness Room	3 10:00-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Fitness Room Walk 10 + laps today & receive 50/50 ticket	4 <u>Horse Racing & Donuts</u> 9:30 Arthritiscize 10:30 Horse Racing (donuts served during horse racing) 12:00 Lunch 50/50
7 	8 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500	9 <u>BP Screening</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Talk Saves Lives by Anna	10 10:00-12:00 Line Dancing 12:00 Lunch 1:00 Fitness Room Walk 10+ laps today and receive any food item	11 10:00 Arthritiscize 12:00 Lunch 1:00 Fitness Room
14 10:00 Seniorcise 1:00 Lunch 12:30 Bridge 1:00-4:00 Puzzle Time	15 <u>Waffles</u> 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500 1:00-4:00 Puzzle Time	16 <u>Volunteer Appreciation Day</u> 9:15 Inspirational Hour 10:00 Seniorcise 11:30 Give Thanks to YOUR Volunteers 12:00 Lunch	17 10:00-12:00 Line Dancing 10:30 Dominoes 12:00 Lunch 1:00 Social Hour Outside	18 9:30 Arthritiscize 10:30 Horse Racing 12:00 Lunch 1:00 Fitness Room 50/50
21 <u>Special Breakfast</u> {Eggs, Bacon, Toast, & Juice/Coffee=\$1.00} 8:30-9:30 Special Breakfast 10:00 Seniorcise 12:00 Lunch 12:30 Bridge	22 9:00 Shuffleboard 10:30 Coin Bingo 12:00 Lunch 12:30 500 1:00-4:00 Puzzle Time	23 9:15 Inspirational Hour 10:00 Seniorcise 11:00 Fall Craft w/ Val 12:00 Lunch 1:00 Social Hour outside	24 10:00-12:00 Line Dancing 12:00 Lunch 1:00 Fitness Room Walk 10+ laps today & receive any food item	25 <u>Fall Potluck Party</u> A-F= Appetizer G-M= Main Dish N-S= Side Dish T-Z= Dessert Please bring a dish for everyone to share. <u>Games & Prizes</u> <u>10:00-11:30</u>
28 <u>G.C. Outlet Mall Trip</u> 10:00 Seniorcise 10:00 Bus leaves Center (Must pre-register) Returns 2:00 12:00 Lunch 12:30 Bridge Mercer County Area Agency on Aging, Inc.	29 9:00 Shuffleboard 10:00 Euchre 12:00 Lunch 12:30 500	30 9:15 Inspirational Hour 10:00 Seniorcise 1:00 Fitness Room	Thank you to all our volunteers. You make this center what it is. We couldn't do it with you!	Special Breakfast donations are \$1.00, but you can give more if you are able. They are served from 8:30-9:30.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Order meals at least 2 business days prior</u> Monday- Wednesday Tuesday – Thursday Wednesday- Friday Thursday-Monday Friday- Tuesday	1 Sweet & Sour Chicken Steamed Brown Rice Peas & Pearl Onions Wheat Bread Gelatin	2 <u>BIRTHDAY \$4.00</u> Baked Stuffed Pepper Whipped Garlic Potatoes Seasoned Carrots White Bread Cake & Ice Cream	3 Chicken, Spinach & Cranberry Salad Creamy Cauliflower Soup Dinner Roll Chocolate Pudding	4 <u>LABOR DAY \$4.00</u> Pulled Pork Sandwich Potato Salad Baked Beans Strawberry Shortcake
7 	8 Baked Meatloaf w/ Caramelized Onions Garlic Mashed Potatoes Seasoned Carrots Wheat Bread & Fresh Fruit	9 Slow Roasted Pork Loin w/ Roasted Mushroom Sauce Steamed Brown Rice Seasoned Broccoli Fresh Fruit of the Day	10 Crispy Dill Chicken Sandwich Golden Roasted Potatoes Warm Spiced Apples Homestyle Coleslaw	11 Homemade Chili w/ Cheese over Baked Potato Garden Tossed Salad Fresh Baked Cornbread
14 Braised Beef Pot Roast Mashed Potatoes w/ Gravy Vegetable Medley White Bread Spiced Apples	15 Chef's Grilled Chicken Salad Cream of Broccoli Soup Dinner Roll Gelatin	16 Creamy Alfredo Pasta w/ Meatballs Peas & Pearl Onions Medley Garlic Herb Breadstick Fresh Fruit of the Day	17 Crispy General Tso's Chicken Over Fluffy Steamed Rice Broccoli w/ Garlic Sweet Pineapple Tidbits Fresh Baked Cookie	18 Tomato Braised Stuffed Cabbage Garlic Mashed Potatoes Seasoned Carrots Dinner Roll Fresh Fruit of the Day
21 Savory Farmhouse Omelet w/ Peppers & Onions Herbed Breakfast Potatoes Spiced Pears Buttery Baked Biscuit	22 Ham w/ BBQ Glaze Seasoned Green Beans Spiced Apples Homestyle Coleslaw	23 Crispy Chicken Cutlet w/ Pan Gravy Mashed Potatoes Oven Roasted Brussel Sprouts Wheat Bread & Fruit Medley	24 Cube Steak w/ Onions & Peppers in a Red Sauce Oven Baked Potato Seasoned Carrots Wheat Bread & Gelatin	25 Creamy Tuna Salad Sandwich Crispy Broccoli Salad Pickled Beet Salad Fresh Fruit of the Day
28 Oven Baked Lasagna Roll w/ Cream of Spinach Sauce Peas & Onions Medley California Blend Veggies Garlic Herb Breadstick Fresh Fruit of the Day	29 Italian Meatball Sub Pasta Fagioli Soup Garden Tossed Salad Fresh Fruit of the Day	30 Grilled Chicken Breast Broccoli, Cheese & Rice Casserole Seasoned Carrots Dinner Roll Diced Pears	<u>The COLD OPTION of the month is TUNA Salad Sandwich.</u> The cold sandwich is served with the sides of the day. Please notify staff when reserving.	
				When coming for lunch, please arrive by 11:45. If you are going to be late or need to cancel your meal, please be courteous and call us immediately so we can offer your meal to someone else.

McQuiston Center

by the Park

29 Railroad Street
Sandy Lake

September 2026



Director: Shawna Breese

724-376-3608

Senior Center Hours:

Monday – Friday

8:30–4:30

