

Shenango Valley Senior Center December 2024

Happy Birthday: Dave Hall, Joe Szakacs, John Sanchez, Virginia Stafford, Wes McKinney, Denise Amato, Paul Egelsky, Barb Mick, Audrey Rainey, Sheila Palonen, Bonnie Abinosa, Beverly Wheeler, Ron Reed, Deb Morgan, Dick Baker, Carl Mick, Margie Kimmel, Lawrence Abinosa, and Sherry Dick

December 3rd – Attorney Hartle Speaks “How much can I gift my children each year?”

December 5th – Prize Bingo with Brianna from Nova Hospice

December 5th - Wellness Support with Noreen Sokolak from Garden Way Place

December 6th – “Santa Claus”

December 6th – Birthday Cupcakes donated by Whispering Oakes

December 6th – Music: Darren Lambert

December 12th – Prize Bingo with Kavon Wright from Highmark Wholecare

December 13th – “A Christmas Carol”

December 19th – Reiki with Krista Wentz (Meditation)

December 20th – “Miracle on 34th Street”





December 20th – Music: Dan Hogan

December 23rd – Craft with Bridget Connolly from Amedsys

December 23rd – Tom Hall Speaks “Santa Claus”





December 26th – Prize Bingo with Rachel from Embassy Helath

December 31st – Music: Greg Vanderveen

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise	3 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Trivia 10:00 Sculpt & Strengthen 11:00 Attorney Hartle 11:00 Trim & Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	4 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Nutrition Education w/Robin 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 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 9:00 Movie 9:30 Arthritis Exercise w/Robin 11:00 Entertainment 1:00 Director’s Bingo
9 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Christmas Cards for Shut Ins 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 Craft 10:00 Sculpt & Strengthen 11:00 Trim & Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	11 9:00 Waffles 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Coffee Chat w/Mande 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 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 9:00 Movie 9:30 Arthritis Exercise w/Robin 10:00 Hot Cocoa 10:30 Reindeer Races-game of chance 1:30 Ultra Bingo
16 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 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 Trivia 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 12:30-2 Trip to Kraynak’s	18 9:00 Breakfast Samich 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Center Council Meeting 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 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 Christmas Party 9:00 Breakfast 9:00 Movie 9:30 Ho Ho Bingo 11:00 Entertainment Ugly Sweater Contest
23 9:00 Breakfast 9:30 Bingocizers 9:30 Bridge 10:00 Craft w/Bridget 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	24  Center Closed	25  Center Closed	26 9:00 Breakfast 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 Candy Cane Day	27 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Table Games 1:00 Directors Bingo*
30 9:00 Breakfast 9:00 Bingocizers 9:30 Bridge 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:30 Arthritis Exercise	31 New Year’s Eve Party 9:00 Breakfast 9:30 Laps for Lottery Tickets 10:00 Bingo game of chance 25¢ p/card 11:00 Entertainment No Exercise Classes			Mercer County Area Agency on Aging, Inc 133 N. Pitt Street Mercer, PA 724-662-6222

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

Cold Meal Option for the month: Turkey & Cheese Sandwich, Side & Dessert

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Baked Beef Ravioli Served in a Tomato Sauce Brussel Sprouts Italian Bread w/butter Warm Peaches	3 Ham w/ Raisin Sauce Fresh Sweet Potato Peas & Carrots Dinner Roll w/butter Apple Crisp	4 Country Fried Chicken Mashed Potatoes/Gravy Mixed Vegetables Wheat Bread w/butter Fresh Fruit	5 Chicken Bruschetta Buttered Pasta Island Blend Vegetables Dinner Roll w/butter Cookie	6 <i>Birthday Party \$4.00</i> Bacon Cheeseburger Served on a bun Lettuce, Tomato, Pickles Potato Soup/Crackers Fresh Fruit Cupcake/Ice Cream
9 Baked Meatloaf w/Gravy Baked Potato w/Sour Cream Beets White Bread w/butter Fresh Fruit	10 BBQ Pork Ribette Served on a Sandwich Roll Rice Green Beans Pineapple Delight	11 Baked Lasagna Roll Up Deluxe Tossed Salad Garlic Breadstick Fresh Fruit	12 Grilled Chicken Salad Served over Mixed Greens Choice of Dressing Cream of Broccoli Soup Crackers Dinner Roll w/butter Fruited Gelatin	13 Burgundy Glazed Meatballs With Mushrooms Served over Rice Carrots Italian Breadstick Mandarin Oranges
16 Potato Crusted Fish Served on a Bun Tartar Sauce Buttered Noodles Stewed Tomatoes Pineapple	17 Open Faced Hot Roast Beef With Gravy Whipped Potatoes Mixed Vegetables Pudding	18 Pork Loin Onion Gravy Cubed Potatoes Cauliflower Wheat Bread w/butter Pears	19 Cheeseburger Chips Coleslaw Warm Peach Crisp	20 <i>Christmas Party \$4.00</i> <u>SERVING LUNCH AT 12:30</u> Stuffed Chicken Breast Whipped Potatoes/Gravy Green Bean Casserole Dinner Roll w/Butter Cream Puff w/Choc Drizzle
23 Cheese Omelet with Peppers, Onions, Cheese Sausage Patties Hashbrown Patty French Toast Sticks w/Syrup Juice	24 <i>CENTER CLOSED</i> 	25 <i>CENTER CLOSED</i> 	26 Cabbage Roll Garlic Whipped Potatoes Carrots Dinner Roll w/Butter Fresh Fruit	27 Stadium Hot Dog on a Bun Tater Tots Pickled Beets Pineapple And Mandarin Oranges
30 Salisbury Steak w/Gravy Baked Potato w/Sour Cream Broccoli Wheat Bread w/butter Gelatin	31 <i>New Year's Party \$4.00</i> Pork & Sauerkraut Whipped Potatoes Glazed Baby Carrots Dinner Roll w/butter Cheesecake w/ Strawberries 		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 ANY ONE ELSE HERE IN THE BUILDING WANTING ONE. THANK YOU

DECEMBER 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 one week in advance.

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

**Robin James Beshero,
Senior Center Director**