

**Cold Meal Option: Egg Salad, Side & Dessert**

**MARCH 2025**



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

WE ASK THAT ALL PARTY  
RESERVATIONS BE PREPAID  
& ORDERED  
ONE WEEK IN ADVANCE

NO ONE WILL BE DENIED  
A MEAL BECAUSE OF INABILITY  
TO MAKE A DONATION.

ROBIN JAMES BESHRO,  
SENIOR CENTER DIRECTOR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Popcorn Chicken w/ Gravy Whipped Potatoes Corn Biscuit w/Butter Peaches	<b>4 Fat Tuesday Party \$4.00</b> Stuffed Pepper Garlic Whipped Potatoes Carrots White Bread w/Butter Pudding	5 Lasagna Deluxe Tossed Salad Choice of Dressing Garlic Breadstick Fresh Fruit	6 Chicken Alfredo Noodles Broccoli Garlic Breadstick Cranberry Apple Crisp	<b>7 Birthday Party \$4.00</b> Breaded Fish/ Tartar Sauce Macaroni & Cheese Stewed Tomatoes Wheat Bread/Butter Fresh Fruit Cake Ice Cream
<b>10</b> Chicken Bacon Carbonara Pasta Peas Breadstick Mandarin Oranges	<b>11</b> BBQ Puled Pork Sandwich Ranch Potatoes Coleslaw Fresh Fruit	<b>12</b> Beef Ravioli Brussel Sprouts Warm Peaches Italian Bread	13 Glazed Ham w/Raisin Sauce Fresh Sweet Potato/Butter Peas & Carrots Dinner Roll w/Butter Cookie	<b>14</b> Tuna Noodle Casserole Peas White Bread w/Butter Pie  "National Pie Day"
17 <b>St. Patrick Day Party \$4.00</b> Corn Beef Rueban Deluxe Tossed Salad Choice of Dressing Potato Wedges Shamrock Cookie	<b>18</b> Cheeseburger on a bun Lettuce, Tomato, Pickles Creamy Potato Soup Crackers Fresh Fruit	<b>19</b> Open Faced Hot Turkey Gravy Whipped Potatoes Corn White Bread w/Butter Cookie	20 BBQ Pork Ribette on a Bun Rice Green Beans Pineapple Delight	21 Cheese Omelet w/ Peppers, Onions Sausage Patties Hash Brown French Toast Sticks/Syrup Juice
<b>24</b> Grilled Chicken Salad Mixed Greens Choice of Dressing Cream of Broccoli Soup Crackers Dinner Roll w/Butter Fruited Gelatin	25 Burgundy Glazed Meatballs Served over Rice Cooked Carrots Italian Breadsticks Mandarin Oranges	26 Pork Loin w/Onion Gravy Cubed Potatoes Cauliflower Wheat Bread w/Butter Pears	27 Open Faced Roast Beef Mashed Potatoes/Gravy Mixed Vegetables White Bread w/Butter Pudding	28 Potato Crusted Fish Tartar Sauce Buttered Noodles Stewed Tomato Breadstick Pineapple
31 Bacon Cheeseburger on a Bun Potato Chips Coleslaw Peach Crisp		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 ANOTHER SENIOR IN THE BUILDING. 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	

## Shenango Valley Senior Center March 2025

**Happy Birthday:** Marsha Linville, Debra Mitchell, Rebecca Guseman, Russell Hensley, Benny Gilson, Roberta Cloak, Chicky Murphy, Ida Sculthorpe, Carol Kocis, Marian Laird, Peter Williams, Emily King, Karen Lindsey, David Parquette, Gerald King, Saundra Makara, and Vickie Gardlock

**March 3<sup>rd</sup> - "Gambling Away the Golden Years"** presented by Amy Hesselgesser from M.C Behavioral Health Commission

**March 4<sup>th</sup> – Attorney Hartle Speaks:** "Can my children be held financially responsible for my nursing home bill?"

**March 4<sup>th</sup> – Music:** Doug James

**March 5<sup>th</sup> – Lauren Kruest** from Core Wealth speaks

**March 6<sup>th</sup> – Prize Bingo** with Brianna from Nova Hospice

**March 6<sup>th</sup> - Wellness Support** with Noreen Sokolak from Garden Way Place

**March 7<sup>th</sup> – Music:** Tammy O' Marrie

**March 10<sup>th</sup> – Tammy Lininger** from St. Pauls speaks

**March 11<sup>th</sup> – Susan Brown** from Sharon Regional Home Health Speaks on Balance

**March 12<sup>th</sup> - Coffee Chat** w/Mande from Amedsys

**March 13<sup>th</sup> – Prize Bingo** with Kavon Wright from Highmark Wholecare

**March 13<sup>th</sup> – "How to save money on Medicare"**

**March 17<sup>th</sup> – Music:** Gene Testa

**March 18<sup>th</sup> – "Name that Tune** with Kelly Bianco from the Life Program

**March 20<sup>th</sup> – Reiki** with Krista Wentz (Meditation)

**March 24<sup>th</sup> – Craft** with Bridget Connolly from Amedsys




**March 24<sup>th</sup> – Tom Hall** speaks

**March 25<sup>th</sup> – Grief Support** with Bridget Connolly from Amedsys

**March 26<sup>th</sup> – "Seasonal Affective Disorder"** with Anna Shoaf

**March 27<sup>th</sup> – Prize Bingo** with Rachel from Embassy Health

\* **Director Bingo/Prize Bingo** – 1<sup>st</sup> card free – additional cards 50 cents each

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 9:30</b> Bingocizers <b>9:30</b> Bridge <b>10:00</b> Tai Chi for Arthritis <b>10:30</b> Inspirational Tymes <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<b>4 Fat Tuesday Party</b> <b>9:00</b> Total Body Fitness <b>10:00</b> Bingo game of chance 25¢ p/card <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Attorney Hartle <b>11:00</b> Trim & Tone <b>12:00</b> Entertainment <b>12:30</b> Ice Cream Social <b>12:30</b> Yoga	<b>5 9:15</b> B-I-N-G-O <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:00</b> Attic Treasures in the Lounge <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>6 9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Sculpt & Strengthen <b>10:00</b> Educational Prize Bingo <b>11:00</b> Wellness Support <b>11:00</b> Trim and Tone <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>7 Happy Birthday Party</b>  <b>9:30</b> Arthritis Exercise w/Robin <b>10:00</b> Prize Bingo <b>11:00</b> Entertainment <b>1:00</b> Line Dance
<b>10 9:30</b> Bingocizers <b>9:30</b> Bridge <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:00</b> Euchre Group <b>1:30</b> Arthritis Exercise	<b>11 9:00</b> Total Body Fitness <b>9:30</b> Craft <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Speaker <del>11:00 Trim &amp; Tone</del> <b>12:30</b> Yoga <b>1:30</b> ULTRA BINGO	<b>12 9:15</b> B-I-N-G-O <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Coffee Chat w/Mande <b>12:30</b> Chair Zumba <b>1:00</b> Attic Treasures in the Lounge <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>13 9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Sculpt & Strengthen <b>10:00</b> Educational Prize Bingo <b>11:00</b> Speaker <b>11:30</b> Nutrition Education w/Robin <del>11:00 Trim and Tone</del> <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>14</b> <b>9:30</b> Arthritis Exercise w/Robin <b>10:00</b> Movie w/Potato Chips <b>"The Union with Halle Berry"</b> <b>1:00</b> Director's Bingo <b>1:00</b> Line Dance  <p style="text-align: center;"><b>"National Potato Chip Day"</b></p>
<b>17 St. Patrick's Day Party</b> <b>9:30</b> Shamrock Prize Bingo <b>9:30</b> Bridge <b>10:00</b> Tai Chi for Arthritis <b>10:30</b> Inspirational Tymes <b>11:00</b> Entertainment <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<b>18 9:00</b> Total Body Fitness <b>9:30</b> Trivia <b>10:00</b> Sculpt & Strengthen <b>10:30</b> "Name That Tune" <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>19 9:00</b> Breakfast Samich \$1 <b>9:15</b> B-I-N-G-O <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Center Council Meeting <b>12:30</b> Chair Zumba <b>1:00</b> Attic Treasures in the Lounge <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>20 9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Reiki w/Krista <b>10:00</b> Sculpt and Strengthen <b>11:00</b> Trim and Tone <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>21 9:30</b> Arthritis Exercise w/Robin <b>10:30</b> Noodle Ball <b>1:00</b> Director's Bingo <b>1:00</b> Line Dance
<b>24 9:00</b> Bingocizers <b>9:30</b> Bridge <b>10:00</b> Craft <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:00</b> Euchre Group <b>1:30</b> Arthritis Exercise	<b>25 9:00</b> Total Body Fitness <b>10:00</b> Bingo game of chance 25¢ p/card <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Grief Support <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>26 9:15</b> B-I-N-G-O <b>11:00</b> Therapy Dogs <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:00</b> Attic Treasures in the Lounge <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>27 9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Educational Prize Bingo <b>10:00</b> Sculpt and Strengthen <b>11:00</b> Trim and Tone <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>28 9:30</b> Arthritis Exercise w/Robin <b>10:30</b> Table Games <b>1:00</b> Directors Bingo <b>1:00</b> Line Dance
<b>31 9:00</b> Bingocizers <b>9:30</b> Bridge <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<p style="text-align: center;">Spring forward Don't forget to set clocks ahead one hour at 2 a.m. Sunday. AP</p>  <p style="text-align: center;"><b>Turn Clocks ahead March 10th</b></p>		<p style="text-align: center;"><b>Mercer County Area Agency on Aging, Inc</b>  <b>133 N. Pitt Street</b>  <b>Mercer, PA</b>  <b>724-662-6222</b></p>	<p style="text-align: center;">Light Breakfast 9-10</p> <p style="text-align: center;"><b>Reminder to change batteries in smoke detectors</b></p>