

Shenango Valley Senior Center Menu for August 2026

MERCER COUNTY AREA AGENCY ON AGING, INC.

Cold Meal Option: Bologna & Cheese

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Savory Farmhouse Omelet With Peppers & Onions Herbed Breakfast Potatoes French Toast Sticks w/Syrup Warm Spiced Pears Buttery Baked Biscuit	4 Ham with BBQ Glaze on a Bun Seasoned Green Beans Homestyle Coleslaw Warm Spiced Apples	5 Crispy Chicken Cutlet Mashed Potatoes/Pan Gravy Oven Roasted Brussel Sprouts Wheat Bread w/butter Fruit Medley	6 Cube Steak w/Onions & Peppers In a Red Sauce Oven Baked Potato Sour Cream Seasoned Carrots Wheat Bread w/butter Fruited Flavored Gelatin Last Day to order for Picnic	7 Birthday Party \$4.00 Sloppy Joe on a Bun Crispy Broccoli Salad Pickled Beet Salad Fresh Fruit Cake and Ice Cream
10 Oven Baked Lasagna Roll Up In a Cream of Spinach Sauce Peas & Pearl Onion Medley California Blend Vegetables Garlic Herb Breadstick Fresh Fruit	11 Italian Meatball Sub Pasta Fagioli Soup Garden Tossed Salad Fresh Fruit	12 Grilled Chicken Breast Broccoli, Cheese & Rice Casserole Seasoned Carrots Dinner Roll w/butter Diced Pears	13 Classic Cheeseburger on a Bun Golden Roasted Potatoes Vegetable Medley Mandarin Oranges	14 Picnic at Buhl Park Choice of Ham or Turkey Sandwich Macaroni Salad Chips Fruit Choice of Diet Iced Tea, Tea, Lemonade or Water
17 Senior Citizen Party Swedish Meatballs Buttered Pasta Seasoned Broccoli Dinner Roll w/butter Directors Choice	18 Roasted Turkey Chef Salad Hearty Vegetable Soup Crackers Wheat Bread w/butter Fruited Flavored Gelatin	19 Creamy Chicken Salad On a bun Marinated Tomato Cucumber Salad Macaroni Salad Fresh Fruit	20 Oven Baked Hot Dog on a Bun Cheddar Cheese Potatoes Seasoned Green Peas Sweet Pineapple Tidbits	21 Chopped Beef Steak Gravy Baked Potato Mixed Vegetables Wheat Bread w/butter Fresh Baked Cookie
24 Potato Crusted Pollock Sweet Corn & Red Pepper Relish Tarter Sauce Macaroni & Cheese Stewed Tomatoes Wheat Bread w/butter Fresh Fruit	25 Classic Penne w/Meatballs Garden Tossed Salad Garlic Herb Breadstick Warm Spiced Apples	26 Chicken Philly Hoagie on a Bun Cream of Potato Soup Homestyle Coleslaw Fresh Baked Cookie	27 Tender Roast Beef Mashed Potatoes w/Gravy Seasoned Carrots White Bread w/butter Warm Spiced Peaches	28 Bacon Cheeseburger Seasoned Sweet Corn Potato Salad Sweet Pineapple Tidbits
31 Tortellini w/Blush Sauce Garlic Green Beans Seasoned California Blend Veg Garlic Herb Breadstick Sweet Diced Peaches	Please arrive at the center by 11:30 for Lunch.		Mercer County Area Agency on Aging, Inc. 133 N. Pitt Street, Mercer 724-662-6222	

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

Shenango Valley Senior Center

August 2026

Happy Birthday: Dorothy Chaya, Deborah Banic, Sandra Ricketts, Lynn Sherretts, Dorothy Maxwell, John Vernille, Debora Woge, Rick Zakrzewski, Jayne Herrmann, Anthony Liscio, Marilyn Fusco, Lynn Brest, Diane Collins, Barbara Pisarcik, William Gollner, Daniel Vamosi, Linda Llikens, Pam McBride, Michaleen Sasala, Ruth Smith, Ken Bell, Mary Jane Liscio, Rosemary Skero, Diane Hall, Deena Burnett, Nancy Rakoci, Karen Rohrdanz, Brenda Wirght, Ruth Fletcher, Ray Bianco, Diane McClain, Carol Zahniser, Kay Goodrick, Susan Combine, Kathryn Torgerson, Rita McVey, Lorraine Iacino, and Deborah Wojtalik.

August 4th – Attorney Hartle “How to protect your house if you must reside in a nursing home permanently”
August 6th – Wellness support with Noreen
August 7th – Music: Dan Hogan
August 11th – Ultra Bingo
August 11th – Kim Ferrere from Care Cruiz will be here to speak
August 12th – Rebekah Shriver, RN from Amedsys speaks
August 13th – Educational Prize Bingo with Kavon from Highmark
August 14th – Music: Tammy O’Marrie
August 17th – Music: Hey Joe
August 18th – Kelly Bianco from the Life Program
August 19th – Center Council Meeting
August 20th – Educational Prize bingo with Rachel from Concord
August 21st – Educational Prize Bingo with Ashlee Butryn from Gentiva Hospice
August 24th – Cindy Durst from Primary Health speaks
August 27th – Educational Prize Bingo with Tammy Lininger from St. Paul Homes
August 27th – Ingrid Moore

Farmers Market Vouchers for LOW INCOME SENIORS will be available afternoons only from 2pm to 4pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 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	4 9:00 Breakfast 9:00 Total Body Fitness 9:00 Craft 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Trim and Tone 11:00 Legal Advice 12:30 Yoga	5 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis - Advanced 11:00 Zumba 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	6 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	7 Happy Birthday Party 9:00 Breakfast 9:30 Prize Bingo 11:00 Entertainment 1:00 Line Dance 1:00 Attic Treasure in the Lounge
10 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	11 9:00 Breakfast 9:00 Total Body Fitness 9:30 Trivia or Table Games 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:30 Ultra Bingo	12 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	13 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	14 Picnic at Buhl Park 10am to 2pm 11:00 Entertainment 12:00 Recognition 12:30 Lunch
17 Senior Citizen Appreciation Party 9:00 Breakfast 9:30 Prize Bingo 11:00 Zumba 11:00 Entertainment 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	18 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 Speaker 11:00 Trim and Tone 12:30 Yoga	19 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	20 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	21 9:30 Breakfast 10:00 Arthritis Exercise w/Robin 10:00 Educational Prize Bingo 1:00 Line Dance 1:00 Attic Treasure in the Lounge
24 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 11:00 Speaker 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise	25 9:00 Breakfast 9:00 Total Body Fitness 9:30 Nutrition Education Bingo w/Robin 9:30 Tops of Sharon* 10:00 Sculpt & Strengthen 11:00 Trim n Tone 12:30 Yoga	26 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	27 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Educational Prize Bingo 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	28 9:30 Breakfast 10:00 Arthritis Exercise w/Robin 11:00 Trivia Hour 1:00 Line Dance 1:00 Attic Treasure in the Lounge
31 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis – Advanced 11:00 Zumba 12:30 Chair Zumba 1:00 Bridge 1:30 Arthritis Exercise				Mercer County Area Agency on Aging, Inc. 133 N. Pitt Street, Mercer 724-662-6222