

Shenango Valley Senior Center
April 2024

Happy Birthday: Raymond Kocis, Marge Long, Gloria Merchant, Randy Sackett, Alfred Ruth, Leon Grande, Bonnie Watt, Ron Renshaw, Azalee Brooks, and John Falvo

April 2nd – Attorney Hartle “How to control the spending of a parent suffering from Dementia?”

April 4th – Wellness Support w/ Noreen Sokolak

April 4th – Educational Bingo with Brianna from Nova Hospice

April 5th – Music: Greg Vanderveen

April 10th – Mande Burckart from Amedisys speaks

April 15th – Kris Wildman speaks on Medicare 101 changes for 2024

April 19th – John Morris from Lakes of Jefferson speaks


April 22nd – Tom Hall from PHN Speaks

April 24th - Thea Nixon from Seniors Helping Seniors “Name That Tune”

April 30th – Just because we want another party – Music by Brian Brown

Parke Wentling Shredding Event
Saturday, April 13th from 9am to 11am
In the Center Parking Lot

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Breakfast 9:00 Bingocize 10:30 Inspirational Tymes	2 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 10 Keys to Healthy Aging 10:00 Sculpt & Strengthen 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga	3 9:00 Breakfast 9:15 B-I-N-G-O 10-11:30 Don't Toss my Memories 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	4 9:00 Breakfast 9:00 Total Body Fitness 10:00 Educational Bingo 10:00 Sculpt & Strengthen 11:00 Wellness Support 11:00 Speaker 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	5 April Birthday Party  9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Bingocize 11:00 Entertainment 1:00 Directors Bingo* 1:00 Antique Roadshow in Lounge 1:00 Line Dancing
8 9:00 Breakfast 9:00 Bingocize 10:00 Tai Chi for Arthritis 11:00 Grief Support 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise 2:00 Eclipse party glasses provided	9 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 10 Keys to Healthy Aging 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga	10 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Grief Share 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	11 9:00 Breakfast 9:00 Total Body Fitness 10:00 Educational Bingo 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	12 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Bingocize 1:00 Antique Roadshow in Lounge 1:00 Line Dancing 1:30 Ultra Bingo
15 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise	16 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 10 Keys to Healthy Aging 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga National Pajama Day – Wear Them	17 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Center Council Meeting 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group	18 9:00 Breakfast 9:00 Total Body Fitness 10:00 Bingocize 10:00 Sculpt and Strengthen 11:00 Trim and Tone 11:00 Cancer Support 12:30 Yoga 1:00 Afternoon Euchre	19 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 11:00 Speaker 1:00 Directors Bingo* 1:00 Antique Roadshow in Lounge
22 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	23 9:00 Breakfast 9:30 Craft 10:30 Springo Bingo Election Day No Exercise Classes	24 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Grief Share 12:30 Chair Zumba 1:30 Art Group 1:30 Arthritis Exercise	25 9:00 Breakfast 9:00 Total Body Fitness 10:00 Bingocize 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	26 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Bingocize 1:00 Directors Bingo* 1:00 Antique Roadshow in Lounge 1:00 Line Dancing
29 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 12:30 Chair Zumba 1:30 Arthritis Exercise	30 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 10 Keys to Healthy Aging 10:00 Sculpt & Strengthen 11:00 Just because entertainment 11:00 Trim and Tone 12:30 Yoga	**Every Thursday at 1:30 Follies Dance Group**	Mercer County Area Agency on Aging, Inc 133 N. Pitt Street, Mercer 724-662-6222	

COLD MEAL OPTION: HAM & CHEESE SANDWICH, SIDE & DESSERT

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

APRIL 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 BESHRO
 SENIOR CENTER DIRECTOR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BBQ Pulled Pork Sandwich Roll Ranch Potatoes Coleslaw Pears 1	Beef Ravioli in Tomato Sauce Tossed Salad w/ Tomato Garlic Breadstick Fresh Fruit 2	Hot Turkey w/ Gravy White Bread Whipped Potatoes Sweet Corn Cookie 3	Cheeseburger Lettuce, Tomato, Pickles Potato Soup Crackers Mixed Fruit 4	5 Birth Party \$3.00 Donation Chicken, Spinach, Mixed Greens, Cranberry Salad Beets Breadstick Cake Ice Cream Fresh Fruit
Roast Beef w/ Gravy Whipped Potatoes Mixed Vegetables White Bread Pudding 8	Teriyaki Chicken Vegetable Rice Pilaf Oriental Blend Vegetables Wheat Bread Fresh Fruit 9	Sliced Ham w/ Pineapple Sauce Baked Sweet Potato w/ Butter Green Beans Dinner Roll Cookie 10	Orange Glazed Pork Loin Buttered Pasta California Blend Vegetables Wheat Bread Peach Crisp 11	Tuna Salad Sandwich w/ Lettuce & Tomato Vegetable Soup w/ Crackers Bun Fresh Fruit 12
Chicken Parmesan Pasta w/ Sauce Tossed Salad w/ Tomato Breadstick Gelatin 15	Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread Fresh Fruit 16	Stuffed Pepper w/ Tomato Sauce Garlic Whipped Potatoes Peas & Carrots White Bread Banana Pudding 17	Chef Salad Mixed Greens w/ Turkey Tomato, Cheddar Vegetable Soup/Crackers Dinner Roll Apple Crisp 18	Sloppy Joe / Bun Tator Tots Green Beans Fresh Fruit 19
Swiss Steak w/ Onion Gravy Whipped Potatoes Carrots Wheat Bread Blushed Pears 22	Vegetable Lasagna w/ Spinach & Carrots Tossed Salad Garlic Breadstick Peaches 23	Garlic Chicken Breast Buttered Noodles Roasted Brussel Sprouts Wheat Bread Mandarin Oranges 24	Lemon Pepper Fish Tartar Sauce Rice Pilaf California Blend Vegetables Dinner Roll Cookie 25	Baked Meatloaf Gravy Baked Potato Sour Cream Peas White Bread Gelatin 26
Parmesan Pork Loin Diced Redskin Potatoes Green Beans Dinner Roll Pineapple Tidbits 29	Just Because Party \$3.00 Donation Meatball Sub Hoagie Bun Deluxe Tossed Salad Apple Pie a la mode 30		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 ANOTHER SENIOR. THANK YOU