

## Shenango Valley Senior Center January 2025

**Happy Birthday:** Susan Dunston, Judie Delgros, Pam Hackett, John Rodgers, Elsa Prieto, Tom Stafford, Mark Zolton, Rose DeSantis, Jack Hanes, Ruth Sassaman, Van Hoagland and Elayne Kimbrough

**January 2<sup>nd</sup>** – Prize Bingo with Brianna from Nova Hospice  
**January 2<sup>nd</sup>** - Wellness Support with Noreen Sokolak from Garden Way Place  
**January 3<sup>rd</sup>** – Birthday Cupcakes donated by Whispering Oakes  
**January 3<sup>rd</sup>** – Music: Dan Hogan  
 January 7<sup>th</sup> – Attorney Hartle Speaks: “Steps to Protect your significant other when you die  
**January 9<sup>th</sup>** – Prize Bingo with Kavon Wright from Highmark Wholecare  
**January 16<sup>th</sup>** – Prize Bingo with John Morris from Nu choice  
**January 16<sup>th</sup>** – Reiki with Krista Wentz (Meditation)  
**January 17<sup>th</sup>** – Music: Terry Dach  
**January 23<sup>rd</sup>** – Prize Bingo with Rachel from Embassy Health  
**January 27<sup>th</sup>** – Craft with Bridget Connolly from Amedsys  
**January 27<sup>th</sup>** – Tom Hall Speaks  
**January 28<sup>th</sup>** – Grief Support with Bridget Connolly from Amedsys  
**January 30<sup>th</sup>** – Prize Bingo with Nikki Reckard a medicare provider

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Mercer County Area Agency on Aging. Inc</b> <b>133 N. Pitt Street</b> <b>Mercer, PA</b> <b>724-662-6222</b>	<b>1</b>  <b>Center Closed</b>	<b>2 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <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>3 Happy Birthday Party</b>  <b>9:00</b> Breakfast <b>9:30</b> Arthritis Exercise w/Robin <b>11:00</b> Entertainment <b>1:00</b> Director’s Bingo <b>1:00</b> Line Dance
<b>6 9:00</b> Breakfast <b>9:30</b> Bingocizers <b>9:30</b> Bridge <b>10:30</b> Inspirational Tymes <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<b>7 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Attorney Hartle <b>11:00</b> Trim & Tone <b>12:30</b> Yoga <b>1:30 ULTRA BINGO</b>	<b>8 9:00</b> Breakfast <b>9:15</b> B-I-N-G-O <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>9 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>10:00</b> Sculpt & Strengthen <b>10:00</b> Educational Prize Bingo <b>11:00</b> Trim and Tone <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>10 9:00</b> Breakfast <b>9:30</b> Arthritis Exercise w/Robin <b>10:30</b> Table Games <b>1:00</b> Director’s Bingo <b>1:00</b> Line Dance
<b>13 9:00</b> Breakfast <b>9:30</b> Bingocizers <b>9:30</b> Bridge <b>10:00</b> Tai Chi for Arthritis <del><b>12:30</b> Chair Zumba</del> <b>1:00</b> Euchre Group <del><b>1:30</b> Arthritis Exercise</del>	<b>14 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Trivia <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>15 9:00</b> Breakfast Samich <b>9:15</b> B-I-N-G-O <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Center Council Meeting <del><b>12:30</b> Chair Zumba</del> <b>1:00</b> Attic Treasures in the Lounge <del><b>1:30</b> Arthritis Exercise</del> <b>1:30</b> Art Group	<b>16 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>10:00</b> Reiki w/Krista <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>17 MLK Party</b> <b>9:00</b> Breakfast <b>9:30</b> Arthritis Exercise w/Robin <b>11:00</b> Entertainment <b>1:30</b> Director’s Bingo <b>1:00</b> Line Dance
<b>20</b>  <b>Center Closed</b>	<b>21 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Trivia <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Speaker <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>22 9:00</b> Breakfast <b>9:15</b> B-I-N-G-O <b>10:00</b> Tai Chi for Arthritis <b>11:00</b> Therapy Dogs <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>23 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <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>24 9:00</b> Breakfast <b>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>27 9:00</b> Breakfast <b>9:00</b> Bingocizers <b>9:30</b> Bridge <b>10:00</b> Tai Chi for Arthritis <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>28 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Trivia <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>29 9:00</b> Breakfast <b>9:15</b> B-I-N-G-O <b>10:00</b> Tai Chi for Arthritis <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>30 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <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>31 9:00</b> Breakfast <b>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

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

Cold Meal Option for the month is : Meatloaf Sandwich, Side, Dessert

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

JANUARY 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

PARTY RESERVATIONS ARE NEEDED  
ONE WEEK IN ADVANCE

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

ROBIN JAMES-BESHERO,  
SENIOR CENTER DIRECTOR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>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</b></p>	<p><b>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</b></p>	<p><b>1 CENTER CLOSED FOR NEW YEAR'S</b></p>	<p><b>2</b> Swedish Meatballs Buttered Noodles Peas Dinner Roll w/Butter Blushed Pears</p>	<p><b>3 Birthday Party \$4.00</b> Chili Topped w/Cheese Tossed Salad Corn Bread w/Butter Fresh Fruit Cupcake and Ice Cream</p>
<p><b>6</b> Breaded Fish Sandwich Tartar Sauce Macaroni &amp; Cheese Stewed Tomatoes Fresh Fruit</p>	<p><b>7</b> Sweet Sausage on a Bun Served w/ Peppers/Onions Buttered Noodles Green Beans Cookie</p>	<p><b>8</b> Chicken Marsala Cooked in Mushroom Sauce Rice Pilaf Broccoli &amp; Cauliflower Wheat Bread w/Butter Fresh Fruit</p>	<p><b>9</b> Sloppy Joe on a Bun Roasted Sweet Potato Tots Green Beans Fresh Fruit</p>	<p><b>10</b> Popcorn Chicken Whipped Potatoes w/Gravy Corn Biscuit w/butter Peaches</p>
<p><b>13</b> Stuffed Pepper w/ Tomato Sauce Garlic Whipped Potatoes Carrots White Bread Pudding</p>	<p><b>14</b> Turkey Chef Salad Vegetable Soup Crackers Dinner Roll Gelatin</p>	<p><b>15</b> Chicken Alfredo Noodles Broccoli Garlic Breadstick Warm Apple Cranberry Crisp</p>	<p><b>16</b> Baked Meatloaf Gravy Baked Potato Sour Cream Beets White Bread Fresh Fruit</p>	<p><b>17 MLK Jr. Party \$4.00</b> BBQ Chicken Breast Cheesy Potato Casserole Green Beans Dinner Roll Chocolate Cake</p>
<p><b>20 MLK, Jr. DAY</b></p> 	<p><b>21</b> Chicken Bacon Carbonara Pasta Peas Breadstick Mandarin Oranges</p>	<p><b>22</b> Sliced Ham Fresh Sweet Potato Peas &amp; Carrots Dinner Roll Fresh Fruit</p>	<p><b>23</b> Country Fried Chicken Gravy Mashed Potatoes Mixed Vegetables Wheat Bread Apple Crisp</p>	<p><b>24</b> Sweet &amp; Sour Pork Rice Broccoli &amp; Cauliflower Dinner Roll Cookie</p>
<p><b>27</b> Cheeseburger w/ Lettuce, Tomato, Pickles Creamy Potato Soup Crackers Bun Fresh Fruit</p>	<p><b>28</b> Open Faced Hot Turkey w/Gravy on White Bread Whipped Potatoes Sweet Corn Cookie</p>	<p><b>29</b> BBQ Pork Ribette Brown Rice Green Beans Bun Pineapple Delight</p>	<p><b>30</b> Cheese Omelet w/ Peppers, Onions 2 Sausage Patties Hash Brown Patty 3 French Toast Sticks Syrup Juice</p>	<p><b>31</b> Grilled Chicken Salad Cream of Broccoli Soup Crackers Dinner Roll Fruited Gelatin</p>