

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

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

JULY 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  
1 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
<b>1</b> Baked Cabbage Roll Garlic Whipped Potatoes Carrots White Bread Fresh Fruit	<b>2</b> Swedish Meatballs Buttered Noodles Peas Dinner Roll Fresh Fruit	<b>3 4th of July Party 4.00</b> BBQ Pork Sandwich Hashbrown Casserole Coleslaw Deluxe Brownie	<b>4</b> <b>Senior Center Closed</b> 	<b>5</b> Taco Salad Tortilla Chips Corn w/ pimentos Pineapple
<b>8</b> Baked Ham w/Pineapple Sauce Fresh Sweet Potato Green Beans Dinner Roll Pudding	<b>9</b> Baked Meatloaf Gravy Baked Potato Sour Cream Peas White Bread Cookie	<b>10</b> Sloppy Joe Tater Tots Green Beans Pickles Bun Fresh Fruit	<b>11</b> Turkey Chef Salad Mixed Greens, Tomato Cheddar, Turkey Vegetable Soup Crackers Dinner Roll Blushed Pears	<b>12 Happy Birthday \$4.00</b> Teriyaki Chicken Vegetable Rice Pilaf Oriental Blend Vegetables Wheat Bread Fresh Fruit Cake Ice Cream
<b>15</b> Cheeseburger w/ Pickles, Lettuce & Tomato Potato Soup Crackers Fresh Fruit	<b>16</b> Pork Loin Onion Gravy Buttered Pasta California Blend Vegetables Wheat Bread Peach Crisp	<b>17</b> Roast Beef Gravy Mashed Potatoes Mixed Vegetables White Bread Fresh Fruit  <b>Order deadline for Picnic</b>	<b>18</b> Parmesan Chicken Buttered Noodle Tossed Salad w/ Tomato Breadstick Apple Crisp	<b>19</b> Grilled Cheese Lettuce/Tomato/Pickle Tomato Soup w/ Crackers Gelatin
<b>22</b> Stuffed Pepper Garlic Whipped Potatoes Carrots/ Peas White Bread Pudding	<b>23</b> Sweet & Sour Pork Rice Broccoli & Cauliflower Wheat Bread Fresh Fruit	<b>24 Picnic at Farrell Lions \$4.00</b> Choice of Ham or Turkey Sandwich Bag of Chips Macaroni Salad Watermelon Choice of Tea or Lemonade	<b>25</b> Swiss Steak Onion Gravy Whipped Potatoes Carrots Wheat Bread Gelatin	<b>26</b> Vegetable Lasagna w/ Mozzarella Tossed Salad Garlic Breadstick Peaches
<b>29</b> Garlic Chicken Breast Buttered Noodles Brussel Sprouts Wheat Bread Mandarin Oranges	<b>30</b> Lemon Pepper Fish Tartar Sauce Rice Pilaf Cali. Blend Vegetables Dinner Roll Fresh Fruit	<b>31</b> Hot Turkey w/Gravy Whipped Potatoes w/Chives Sweet Corn White Bread Cookie	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



## Shenango Valley Senior Center July 2024

**Happy Birthday:** Elaine Ross, Marilyn Scott, Lee Ciora, Ed Kimbrough, George Watt, Elizabeth O'Linc, Gene Testa, Charles Beltz, Betty Griglak, Rose Vamosi, John Nuhfer, Cynthia Emmerich, Kathleen Davenport, Pamela Germadnik, Art Wolfgarth and Tony Debellis

**July 2<sup>nd</sup>** - Attorney Dan Matesic:  
"Distinguishing from probate and non-probate for assets - settling estates"

**July 3<sup>rd</sup>** – Music: Terry Dach

**July 10<sup>th</sup>** – Mande Burckart from Amedisys speaks

**July 12<sup>th</sup>** – Music: Greg Vanderveen

**July 15<sup>th</sup>** – Kris Wildman "How the Inflation Reduction Act of 2022 will affect Medicare!"

**July 16<sup>th</sup>** – Harrison Burckart "Estate Planning and Insurance Presentation

**July 19<sup>th</sup>** - John Morris from Lakes of Jefferson speaks

**July 22<sup>nd</sup>** – Tom Hall from PHN Speaks

**July 24<sup>th</sup>** – Music: Darren Lambert

**July 31<sup>st</sup>** - Kim Cramer from McGonigle's speaks

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 9:00</b> Breakfast <b>9:30</b> Bingocize <b>9:30</b> Bridge <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>10:30</b> Inspirational Tymes <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<b>2 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>10:00</b> Book Club <b>11:00</b> Legal Advice <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>3 4<sup>th</sup> of July Party</b> <b>9:00</b> Breakfast <b>9:15</b> B-I-N-G-O <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>11:00</b> Entertainment <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>4</b>  <b>Center Closed</b>	<b>5 9:00</b> Breakfast <b>10:30</b> Bingocize <b>1:00</b> Attic Treasures in Lounge <b>1:00</b> Line Dancing <b>1:30</b> Ultra Bingo
<b>8 9:00</b> Breakfast <b>9:30</b> Bingocize <b>9:30</b> Bridge <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>11:00</b> Grief Support with Mande <b>12:30</b> Chair Zumba <b>1:00</b> Euchre Group <b>1:30</b> Arthritis Exercise	<b>9 9:00</b> Breakfast <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Book Club <b>11:00</b> Trim and Tone <b>12:30</b> Yoga <p style="text-align: center;"><i>National Freezer Pop Day</i></p>	<b>10 9:00</b> Waffle Wednesday <b>9:15</b> B-I-N-G-O <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>11 9:00</b> Breakfast <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Bingocize <b>11:00</b> Trim and Tone <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>12 Happy "July" Birthday</b> <b>9:00</b> Breakfast <b>9:30</b> Arthritis Exercise w/Robin <b>11:00</b> Entertainment <b>1:00</b> Line Dancing <b>1:00</b> Director's Bingo <b>1:00</b> Attic Treasures in Lounge
<b>15 9:00</b> Breakfast <b>9:30</b> Bingocize <b>9:30</b> Bridge <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>10:30</b> Inspirational Tymes <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<b>16 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Book Club <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Speaker <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>17 9:00</b> Breakfast <b>9:15</b> B-I-N-G-O <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>11:00</b> Center Council Meeting <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise <b>1:30</b> Art Group	<b>18 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Bingocize <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>19 9:00</b> Breakfast <b>9:30</b> Arthritis Exercise w/Robin <b>11:00</b> Speaker <b>1:00</b> Directors Bingo* <b>1:00</b> Line Dancing <b>1:00</b> Attic Treasures in Lounge
<b>22 9:00</b> Breakfast <b>9:30</b> Bingocize <b>9:30</b> Bridge <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:00</b> Euchre Group <b>1:30</b> Arthritis Exercise	<b>23 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Book Club <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>24</b> <b>Center Closed from 11am to 1pm</b> <b>Luau with entertainment at the Farrell Lion's Den</b> <i>(Also prize bingo)</i> <b>1:30</b> Art Group <b>1:30</b> Arthritis Exercise	<b>25 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Bingocize <b>10:00</b> Sculpt and Strengthen <b>12:30</b> Yoga <b>1:00</b> Afternoon Euchre	<b>26 9:00</b> Breakfast <b>9:30</b> Arthritis Exercise w/Robin <b>1:00</b> Directors Bingo* <b>1:00</b> Line Dancing <b>1:00</b> Attic Treasures in Lounge
<b>29 9:00</b> Breakfast <b>9:30</b> Bingocize <b>9:30</b> Bridge <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>10:30</b> Craft with Wendy <b>12:30</b> Chair Zumba <b>1:30</b> Arthritis Exercise	<b>30 9:00</b> Breakfast <b>9:00</b> Total Body Fitness <b>9:30</b> Laps for Lottery Tickets <b>10:00</b> Book Club <b>10:00</b> Sculpt & Strengthen <b>11:00</b> Trim and Tone <b>12:30</b> Yoga	<b>31 9:00</b> Waffle Wednesday <b>9:15</b> B-I-N-G-O <b>9:30</b> Tai Chi for Arthritis I <b>10:00</b> Tai Chi for Arthritis II <b>11:00</b> Speaker <b>12:30</b> Chair Zumba <b>1:30</b> Art Group <b>1:30</b> Arthritis Exercise	 <b>Mercer County Area Agency on Aging, Inc</b> <b>133 N. Pitt Street</b> <b>Mercer, PA</b> <b>724-662-6222</b>	