

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

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

MAY 2024




SENIOR CENTER HOURS:
MONDAY-FRIDAY
8:30 AM-4:30 PM
CLOSED WEEKENDS
AND HOLIDAYS

PLEASE ALLOW 2 BUSINESS DAY
NOTICE BEFORE 2 PM 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
<p>DAILY MENUS ARE SUBJECT TO CHANGE. ALL MENUS MEET OR EXCEED 1/3 OF THE DAILY RECOMMENDED ALLOWANCE FOR OLDER ADULTS.</p> <p>DAILY MENU INCLUDES 8 OZ. MILK</p>	<p>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.</p> <p>Thank You</p>	<p>1 Cheese Omelet With Peppers & Onions 2 Sausage Patties 1 Hash Brown English Muffin w/Jelly Juice Cup</p>	<p>2 \$1.00 DAY Chicken Caesar Salad with Greens, Parm Cheese, Tomato, Croutons Cream Of Broccoli Soup w/Crackers Dinner Roll Blushed Pears (Order Deadline: Mother's Day Party)</p>	<p>3 Birthday Party \$3.00 Mango BBQ Chicken Breast Brown Rice Carrots Wheat Bread Orange Cake Ice Cream</p>
<p>6 Country Fried Chicken Gravy Mashed Potatoes Mixed Vegetables White Bread Cinnamon Applesauce</p>	<p>7 Crab Cake w/Tartar Sauce Rice Island Blend Vegetables Wheat Bread Peach Crisp</p>	<p>8 Stadium Hot Dog /Bun Baked Beans Potato Salad Pineapple</p>	<p>9 Salisbury Steak Gravy Baked Potato Sour Cream Broccoli Wheat Bread Gelatin</p>	<p>10 Mother's Day Party \$3.00 Stuffed Chicken Breast with Gravy Baked Potato w/Sour Cream California Blend Vegetables Dinner Roll Cheesecake with Cherries</p>
<p>13 Baked Cabbage Roll Garlic Whipped Potatoes Carrots White Bread Fresh Fruit</p>	<p>14 Swedish Meatballs Gravy Buttered Noodles Peas Dinner Roll Cookie</p>	<p>15 Roasted Pork Sour Kraut Whipped Potatoes w/Chives Mixed Vegetables Wheat Bread Fresh Fruit</p>	<p>16 Breaded Fish Tatar Sauce Mac & Cheese Stewed Tomatoes Wheat Bread Mandarin Oranges (Order Deadline: Memorial Day Party)</p>	<p>17 \$1.00 Day Beef Taco Salad Corn w/ Pimentos Tortilla Chips Pineapple</p>
<p>20 Beef Ravioli Tossed Salad w/Tomato Garlic Bread Fresh Fruit</p>	<p>21 Open Faced Turkey White Bread w/Gravy Mashed Potatoes Corn Cookie</p>	<p>22 Chicken, Spinach, Cheese, Cranberry Salad Mixed Greens Pickled Beets Breadstick Mixed Fruit</p>	<p>23 Hot Open-Faced Roast Beef Sandwich served with Mashed Potatoes and Gravy Mixed Vegetables White Bread Pudding</p>	<p>24 \$ 3.00 MEMORIAL DAY PARTY Cheeseburger Lettuce-Tomato-Pickle Macaroni Salad Potato Chips Poke Cake</p>
<p>27</p>  <p>SENIOR CENTER CLOSED</p>	<p>28 Teriyaki Chicken Vegetables Rice Pilaf Oriental Blend Vegetables Wheat Bread Fresh Fruit</p>	<p>29 Ham Slice w/Pineapple Sauce Sweet Potato w/Butter Green Beans Dinner Roll Cookie</p>	<p>30 Pork Loin Onion Gravy Buttered Pasta Cali. Blend Vegetables Wheat Bread Peach Crisp</p>	<p>31 \$1.00 Day Grilled Cheese Lettuce-Tomato-Pickle Tomato Soup Crackers Fresh Fruit</p>



Shenango Valley Senior Center May 2024

Happy Birthday: Raymond Vamosi, Donna Darcangelo, Emmagene Williams, Anna Mendonca, Joe Milano, and Grant Dunsmore

May 1st – Anna Shoaf speaks on “Healthy IDEAS”

May 2nd – Wellness Support w/ Noreen Sokolak

May 2nd – Educational Bingo with Brianna from Nova Hospice

May 3rd – Music: Gene Testa

May 7th – Attorney Hartle “Should you let the nursing home file your Medicaid Application?”

May 8th – Mande Burckart from Amedisys speaks

May 9th – Educational Bingo with Kavon from Highmark Wholecare

May 10th – Music: Terry Dach

May 13th – Grief Support with Mande Burckart ;from Amedisys

May 17th – John Morris from Lakes of Jefferson speaks

May 22nd – Lance Ferkula speaks on Aquatic Therapy







May 23rd – Music: Steven McKinney plays the bagpipes

May 24th – Music: Darren Lambert

May 27th – Center Closed

****Every Thursday at 1:30 Follies Dance Group****

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Mercer County Area Agency on Aging. Inc</p> <p>133 N. Pitt Street, Mercer 724-662-6222</p>		<p>1 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise 1:30 Art Group</p>	<p>2 9:00 Breakfast 10:00 Educational Bingo 11:00 Wellness Support 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</p>	<p>3 May 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</p>
<p>6 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise</p>	<p>7 9:00 Breakfast 9:00 Total Body Fitness 9:30 10 Keys to Healthy Aging (5) 10:00 Sculpt & Strengthen 10:00-1:30 CDSMP 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga</p>	<p>8 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</p>	<p>9 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</p>	<p>10 Mother's Day Party  9:00 Breakfast 9:00 Bingocize 10:00 Mothers' Day Tea 11:00 Entertainment 1:00 Directors Bingo* 1:00 Antique Roadshow in Lounge No Arthritis Exercise</p>
<p>13 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 11:00 Grief Support with Mande 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise</p>	<p>14 9:00 Breakfast 9:00 Total Body Fitness 9:30 10 Keys to Healthy Aging (6) 10:00-1:30 CDSMP 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga</p>	<p>15 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</p>	<p>16 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</p>	<p>17 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Bingocize 11:00 Speaker 1:00 Antique Roadshow in Lounge 1:00 Line Dancing 1:30 Ultra Bingo</p>
<p>20 9:00 Breakfast 9:30 Bingocize 10:00 Tai Chi for Arthritis 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise</p>	<p>21 9:00 Breakfast 9:00 Total Body Fitness 9:00 Craft with Debby 9:30 10 Keys to Healthy Aging (7) 10:00-1:30 CDSMP 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga</p>	<p>22 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</p>	<p>23 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt and Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</p> 	<p>24 Memorial Day 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</p>
<p>27</p>  <p>Center Closed</p>	<p>28 9:00 Breakfast 9:00 Total Body Fitness 9:30 10 Keys to Healthy Aging (8) 10:00-1:30 CDSMP 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga</p>	<p>29 9:00 Breakfast 9:15 B-I-N-G-O 12:30 Chair Zumba 1:30 Art Group 1:30 Arthritis Exercise</p>	<p>30 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre</p>	<p>31 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Bingocize 1:00 Directors Bingo* 1:00 Antique Roadshow in Lounge</p>