




Shenango Valley Senior Center

October 2024

Happy Birthday: Eileen Oster (100), Thea Betts, Joyce Bartel, Marian Mastrian, Peter Santilli, John Reeher, Joan Laird, Rita Ferringer, Steve Smith, and John Madura

October 1st – Attorney Hartle *“Obtaining, Surrendering, and having your driving privileges reinstated in Pennsylvania”*
October 3rd – Prize Bingo with Brianna from Nova Hospice
October 3rd – Wellness Support with Noreen Sokolak
October 4th – Music: Terry Dach
October 4th – Birthday Cupcakes Donated by Whispering Oakes
October 9th – Nikki Reckard speaks on Medicare
October 10th – Nutritional Educ. Bingo w/Robin
October 17th – Reiki with Krista Wentz (Meditation)
October 17th – Trip to Apple Castle – sign up with Robin
October 21st – Kris Wildman speaks on Medicare Changes
October 24th – Prize Bingo with Rachel from Embassy Health
October 24th – Drum Circle with The Emerald Tablet
October 25th - Thea Nixon from Seniors helping seniors speaks
October 28th – Craft with Bridget Connolly from Amedsys
October 28th – Tom Hall speaks
October 30th – Craig Lynn from Reinhardts Insurance speaks on Medicare changes
October 31st – Boo Bingo
October 31st – Halloween Party – wear your costumes - Music: Doug James

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Book Club 11:00 Legal Advice 11:00 Trim and Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	2 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Nutrition Education w/Robin 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	3 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt & Strengthen 10:00 Educational Prize Bingo 11:00 Wellness Support 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	4 Happy Birthday Party  9:00 Breakfast Cinnamon Rolls 9:30 Arthritis Exercise w/Robin 11:00 Entertainment 1:00 Director's Bingo 1:00 Line Dancing <i>National Cinnamon Roll Day</i>
7 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:30 Inspirational Tymes 12:30 Chair Zumba 1:30 Arthritis Exercise	8 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Sculpt & Strengthen 10:00 Book Club 11:00 Trim and Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	9 9:00 Breakfast 9:15 B-I-N-G-O 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	10 9:00 Breakfast 9:00 Total Body Fitness 10:00 Sculpt & Strengthen 10:00 Nutrition Prize Bingo 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	11 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 Craft 1:00 Line Dancing 1:30 Ultra Bingo
14  <i>Center Closed</i>	15 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Book Club 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	16 9:00 Breakfast Samich \$1 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Center Council Meeting 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	17 9:00 Breakfast 9:00 Total Body Fitness 10:00 Reiki w/Krista 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre 1-3:30 Trip to Apple Castle	18 9:00 Breakfast 9:30 Arthritis Exercise w/Robin 10:30 The Great Pumpkin Race Game of chance 1:00 Line Dancing 1:00 Director's Bingo
21 9:00 Breakfast 9:30 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:30 Arthritis Exercise **No Inspirational Tymes**	22 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Book Club 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	23 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Therapy dogs 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	24 9:00 Breakfast 9:00 Total Body Fitness 10:00 Educational Prize Bingo 10:00 Sculpt and Strengthen 11:00 Trim and Tone 12:30 Yoga 12:30 Drum Circle in Lounge 1:00 Afternoon Euchre	25 9:00 Breakfast 9:00 Halloween Movie 9:30 Arthritis Exercise w/Robin 11:00 Speaker 1:00 Directors Bingo* 1:00 Line Dancing
28 9:00 Breakfast 9:00 Bingocize 9:30 Bridge 10:00 Tai Chi for Arthritis 10:00 Craft w/Bridget 11:00 Speaker 12:30 Chair Zumba 1:00 Euchre Group 1:30 Arthritis Exercise	29 9:00 Breakfast 9:00 Total Body Fitness 9:30 Laps for Lottery Tickets 10:00 Book Club 10:00 Sculpt & Strengthen 11:00 Trim and Tone 12:30 Yoga 1:00 Bingo game of chance 25¢ p/card	30 9:00 Breakfast 9:15 B-I-N-G-O 10:00 Tai Chi for Arthritis 11:00 Speaker 12:30 Chair Zumba 1:00 Attic Treasures in the Lounge 1:30 Arthritis Exercise 1:30 Art Group	31 Halloween Party 9:00 Breakfast 9:00 Total Body Fitness 10:00 Boo Bingo 10:00 Sculpt and Strengthen 11:00 Entertainment 11:00 Trim and Tone 12:30 Yoga 1:00 Afternoon Euchre	Mercer County Area Agency on Aging, Inc 133 N. Pitt Street Mercer, PA 724-662-6222

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

MERCER COUNTY AREA AGENCY ON AGING, INC. Shenango Valley Senior Center October 2024
Cold Meal Option: Ham & Cheese Sandwich, Side & Dessert

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

OCTOBER 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 Beshero
 Senior Center Director**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	1 Sloppy Joe on a bun Roasted Sweet Potato Tots Green Beans Peaches	2 Chicken Bacon Carbonara Over Pasta Peas Breadstick Fresh Fruit	3 Stuffed Pepper Garlic Whipped Potatoes Carrots White Bread w/Butter Pudding	4 <i>Birthday Party \$4.00</i> Turkey Chef Salad Choice of Dressing Vegetable Soup w/Crackers Dinner Roll/Butter Fresh Fruit Cupcake Ice Cream
7 Potato Crusted Fish Tartar Sauce Buttered Noodles Stewed Tomatoes Breadstick Pineapple	8 Baked Meatloaf w/Gravy Baked Potato w/Sour Cream Peas White Bread w/Butter Fresh Fruit	9 Popcorn Chicken Whipped Potatoes Corn Biscuit w/Butter Fresh Fruit	10 BBQ Pork Ribette on a Bun Brown Rice Green Beans Pineapple Delight	11 Stadium Hot Dog on a Bun Tater Tots Pickled Beets Mandarin Oranges
14 Center Closed	15 Country Fried Chicken Mashed Potatoes w/Gravy Mixed Vegetables Wheat Bread Warm Apple Crisp	16 Ham w/Raisin Sauce Fresh Sweet Potato Peas & Carrots Dinner Roll w/Butter Fresh Fruit	17 Bacon Cheeseburger on a Bun Lettuce—Tomato—Pickle Potato Soup w/Crackers Fresh Fruit	18 Sliced Warm Turkey Served over White Bread Whipped Potatoes Topped with Gravy Corn Cookie
21 BBQ Pulled Pork on a Bun Pickles on the Side Ranch Potatoes Coleslaw Apple	22 Cheese Omelet with Peppers & Onions Sausage Patties Hash Brown Patty French Toast Sticks/Syrup Juice	23 Grilled Chicken Salad Choice of Dressing Cream Of Broccoli Soup Crackers Dinner Roll w/Butter Fruited Gelatin	24 Burgundy Glazed Meatballs Served over Rice Carrots Italian Breadstick Mandarin Oranges	25 Chicken Alfredo Served over Noodles Broccoli Garlic Breadstick Apple Cranberry Crisp
28 Warm Roast Beef Served over White Bread Mashed Potatoes Topped with Gravy Mixed Vegetables Pudding	29 Pork Loin w/ Onion Gravy Cubed Potatoes Cauliflower Wheat Bread w/Butter Pears	30 Pizza Burger on a Bun Potato Chips Coleslaw Warm Peach Crisp	31 <i>Halloween Party \$4.00</i> Sausage on Bun Covered w/Peppers & Onions Tater Tots Carrots Orange Poke Cake	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 HERE IN THE BUILDING. Thank You

