


Monday	Tuesday	Wednesday	Thursday	Friday
<h1>August  2022</h1>			<p>Mt. Pleasant Center for Active Adults 424 Washington Street, Mt. Pleasant, PA 15666 (724)547-4593 Beverly LaGorga, Supervisor</p>	

<p>1 10 Billiards 10 Trivia 10 Bean Bag Toss 11 Nutrition Education 1 Puzzles</p> <p>Summer Corn Chowder, Warm Roast Beef w/Cheddar on Sandwich Roll, Crackers, Orange</p>	<p>2 8 Zumba 8 Noodle Making 10 Billiards 10:30 Book Bingo 12:15 Bingo</p> <p>Baked Cabbage Roll, Garlic Mashed Potatoes, Carrots, Diner Roll, Cookie</p>	<p>3 10 Billiards 10 Bean Bag Toss 10:30 Craft 11 Puzzles 12:30 CPR / First Aid</p> <p>Salisbury Steak w/Gravy, Baked Potato, Broccoli, Wheat Bread, Gelatin</p>	<p>4 8 Zumba 10 Billiards 10:30 Trivia Game w/Prizes 11:30 Ice Cream Social 12:15 Bingo</p> <p>Cheeseburger on Bun, Cheesy Potatoes, Lettuce & Tomato, Pineapple Tidbits</p>	<p>5 10 Billiards 10 Bowling 11 Trivia 11 Aqua Aerobics 1 Corn Hole</p> <p>Roast Turkey w/Gravy, Mashed Potatoes, Corn, Wheat Bread, Apple</p>
<p>8 10 Billiards 10 Trivia 10 Bean Bag Toss 11 Nutrition Education 1 Puzzles</p> <p>Roast Pork w/Apples, Whipped Potatoes /Chives, Mixed Vegetables, Mini Biscuit, Pear</p>	<p>9 8 Noodles 8 Zumba 10 Billiards 10:30 Advisory Council 12:15 Bingo</p> <p>Potato Soup, Cheeseburger on Bun, Lettuce & Tomatoes, Crackers, Banana</p>	<p>10 10 Billiards 10 Bean Bag Toss 10:30 Summer Picnic Craft W/ Tracy- RNC 11 Puzzles 1 Trivia</p> <p>Fiesta Chicken Bowl w/Cheddar Jack, Black Beans, Cilantro Rice, Mandarin Oranges</p>	<p>11 8 Zumba 10 Billiards 10:30 Push Bingo 11:30 Ice Cream Social 12:15 Bingo</p> <p>Hearty Beef Stroganoff, Buttered Noodles, Peas, Dinner Roll, Orange</p>	<p>12 10 Billiards 10 Bowling 11 Trivia 11 Aqua Aerobics 1 Puzzles</p> <p>Pineapple Glazed Meatballs, Sweet Potatoes, Broccoli, Wheat Bread, Pears</p>
<p>15 10 Billiards 10 Trivia 10 Bean Bag Toss 11 Nutrition Education 1 Puzzles</p> <p>Meatball Hoagie on Roll, Parmesan Noodles, Green Beans, Cantaloupe</p>	<p>16 8 Noodles 8 Zumba 10 Billiards 10:30 DOH Shingles & Pneumonia Vaccines 12:15 Bingo</p> <p>Honey Garlic Pork Loin, Vegetable Rice Pilaf, Cauliflower Sliced Apples, Cookie</p>	<p>17 10 Billiards 10 Bean Bag Toss 10:30 Craft 11 Puzzles 1 Trivia</p> <p>Stuffed Pepper, Garlic Whipped Potatoes, Carrots, White Bread, Banana</p>	<p>18 8 Zumba 10 Billiards 10:30 Presentation from Visiting Angels 11:30 Ice Cream Social 12:15 Bingo</p> <p>Barley Vegetable Soup, Turkey Chef Salad w/Turkey, Egg, Cheddar, Roll, Peach Crumble</p>	<p>19 10 Billiards 10 Bowling 11 Aqua Aerobics 11 Puzzles 1 Trivia</p> <p>Smothered Roast Beef & Gravy, Scalloped Potatoes, Peas & Onions, White Bread, Mandarin Oranges</p>
<p>22 10 Billiards 10 Trivia 11 Nutrition Education 11 Puzzles 1 Bean Bag Toss</p> <p>Glazed Pork w/Raisin Sauce, Whipped Sweet Potatoes, Peas, Dinner Roll, Gelatin</p>	<p>23 8 Noodles 8 Zumba 10 Billiards 10:30 PA Nutrition Group & Fun Wheel 12:15 Bingo</p> <p>Sweet & Sour Chicken, Rice, Broccoli & Cauliflower, Wheat Bread, Mixed Fruit</p>	<p>24 10 Billiards 10 Bean Bag Toss 10:30 Crafts 11 Puzzles 1 Trivia</p> <p>Potato Soup, Cheeseburger on Bun, Lettuce & Tomato, Crackers, Banana</p>	<p>25 8 Zumba 10 Billiards 10:30 Push Bingo 11:30 Ice Cream Social 12:15 Bingo</p> <p>Pizza Supreme Casserole, Tossed Salad, Green Beans, White Bread, Applesauce</p>	<p>26 10 Billiards 10 Bowling 11 Aqua Aerobics 11 Trivia 1 Puzzles</p> <p>Bean Soup, Tuna Salad on White, Lettuce & Tomato, Orange</p>
<p>29 10 Billiards 10 Bean Bag Toss 10:30 Puzzles 11 Nutrition Education 1 Trivia</p> <p>Creamy Chicken & Biscuit, Mixed Vegetables, Orange, cookie</p>	<p>30 8 Noodles 8 Zumba 10 Billiards 10:30 Smoothies w/Highmark Whole care 12:15 Bingo</p> <p>BBQ Pork Ribette, Sweet Potato Bites, Green Beans, Wheat Bread, Pineapple Delight</p>	<p>31 10 Billiards 10 Bean Bag Toss 10:30 Craft w/Jackie from Bethlen Homes 11 Puzzles 1 Trivia</p> <p>Baked Meatloaf w/Gravy, Baked Potato, Beets, White Bread, Apple</p>	 <p>Sponsored by Mt. Pleasant Library August 2nd 10:30 am</p>	
				 <p>Smoothies w/Jen Jones from Highmark Aug 30 at 10:30</p>

The Center News

Westmoreland Multi-Service Centers, Inc.

Denise Wagner, *President of the Board of Directors* ❖ Jody Fields, *Director*
Beverly LaGorga, *Mt. Pleasant Center Supervisor* ❖ Candy Danka, *Latrobe Center Supervisor*

This project is funded in part by the Westmoreland County Area Agency on Aging, the Westmoreland County Board of Commissioners, the Pennsylvania Department of Aging and the United States Administration on Aging.

www.co.westmoreland.pa.us/aging

August

Flower – Gladiolus
Stone - Peridot

2022

Happy Birthday

Leo



Transportation to the Center and to Medical Appointments can be arranged with Westmoreland Transit Authority
1-800-242-2706



**Noodle
Volunteers
Needed!!!!**

Mount Pleasant Center Highlights:

8/2.....10:30 Book Bingo w/Mt. Pleasant Library

8/3.....12:30 CPR /First Aid Training

8/9.....10:30 Advisory Council Meeting

8/10.....10:30 Summer Picnic Craft with Tracy Dripps from RNC

8/11 & 8/2510:30 Push Bingo. Bring a \$1 -\$2 prize, everyone wins!

8/16.....10:30 Shawn from the PA Dept. Of Health will discuss Shingles and Pneumonia Vaccines

8/18.....10:30 Presentation from Visiting Angels

8/23.....Michele, Scott & Mike from Pennsylvania Nutrition Group will discuss meals and bring the "Fun Wheel"

8/30 Smoothies with Jen Jones from Highmark Whole care

8/31 Craft w/Jackie from Bethlen Homes

Tips are still available on the I - Pad board and the Lottery Ticket Board. Please see staff to purchase.

I - Pad bundle - \$10.00 tip / Lottery Board - \$5.00 tip



**CPR & First Aid
Training Class**

8/3/22 at 12:30

**UPCOMING IN SEPTEMBER:
OPEN HOUSE – Sept. 8th
10am – 2pm**

**OUTREACH LUNCHEON
Scottdale Manor – Aug 16**

****You must sign-up for your lunch by Wednesday at noon, for the following weeks meals to ensure there is enough ordered ****

FYI:

Bingo is Tuesdays & Thursdays at 12:15pm