

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>August  2021</h1>		<p>Mt. Pleasant Center for Active Adults 424 Washington Street, Mt. Pleasant, PA 15666 (724)547-4593 Beverly LaGorga, Supervisor</p>		

<p>2 10 Billiards 10 Trivia 10 Bean Bag Toss 11 Nutrition Education 1 Puzzles</p> <p>Baked Meatloaf w/Gravy, Mashed Potatoes, Cream Corn, Wheat Bread, Raspberry Sherbet</p>	<p>3 8 SAIL 8 Noodle Making 10 Billiards 10:30 Penn State Nutrition 12:15 Bingo</p> <p>Creamy Broccoli Soup, BBQ Turkey Burger w/Cheddar, Sandwich Roll, Crackers, Apple</p>	<p>4 8 SAIL 10 Puzzles 10:30 Crafts 11 Trivia 1 Bean Bag Toss</p> <p>Western Omelet, Breakfast Potatoes, English Muffin, Jelly, Orange Juice</p>	<p>5 8 SAIL 10 Billiards 10:30 Board of Directors Nominations & Elections 11:30 Ice Cream Social 12:15 Bingo</p> <p>Sweet & Sour Meatballs, Brown Rice, Creamy Coleslaw, Wheat Bread, Mixed Fruit</p>	<p>6 10 Billiards 10 Bowling 10 Trivia 11 Corn Hole 1 Puzzles</p> <p>Pizza, Salad, Nectarine</p>
<p>9 10 Billiards 10 Trivia 10 Bean Bag Toss 11 Nutrition Education 1 Puzzles</p> <p>Potato Crusted Fish, Tuscan Mac & Cheese, Italian Beans, Wheat Bread, Orange</p>	<p>10 8 Noodles 8 SAIL 10 Billiards 10:30 Penn State Nutrition 12:15 Bingo</p> <p>Salisbury Steak, Beef Gravy, Cheddar Whipped Potatoes, Corn & Pimentos, White Bread, Pears</p>	<p>11 8 SAIL 10 Puzzles 10:30 Crafts 11 Trivia 1 Bean Bag Toss</p> <p>Chicken Marsala, Bowtie Noodles, Brussel Sprouts Wheat Bread, Mixed Fruit</p>	<p>12 8 SAIL 10 Billiards 10:30 Push Bingo 11:30 Ice Cream Social 12:15 Bingo</p> <p>Cabbage Roll, Garlic Mashed Potatoes, Carrots, WG Dinner Roll, Strawberry Shortcake</p>	<p>13 10 Billiards 10 Bowling 10 Trivia 11 Aqua Aerobics 1 Puzzles</p> <p>Baked Potato Soup, Buffalo Chicken Salad Sandwich, Crackers, Fresh Melon</p>
<p>16 10 Billiards 10 Trivia 10 Bean Bag Toss 11 Nutrition Education 1 Puzzles</p> <p>Cheese Burger on Bun, BBQ Butter Beans, Macaroni Salad, Cantaloupe</p>	<p>17 8 Noodles 8 SAIL 10 Billiards 10:30 Penn State Nutrition 12:15 Bingo</p> <p>Parmesan Chicken Alfredo, Pasta, Lemon Asparagus, Salad, Italian Bread, Applesauce</p>	<p>18 8 SAIL 10 Puzzles 10:30 Crafts 11 Trivia 1 Bean Bag Toss</p> <p>Pot Roast w/Gravy, Whipped potatoes, Carrots, Wheat Bread, Pears</p>	<p>19 8 SAIL 10 Billiards 10:30 Advisory Council 11:30 Ice Cream Social 12:15 Bingo</p> <p>Barley Vegetable Soup, Chicken Cobb Salad w/Chicken, Egg, Cheddar & Bacon, Roll, Peaches</p>	<p>20 10 Billiards 10 Bowling 11 Aqua Aerobics 11 Puzzles 1 Trivia</p> <p>BBQ Pulled Pork on Roll, Ranch Potatoes, Hawaiian Coleslaw, Cookie</p>
<p>23 10 Billiards 10 Trivia 11 Nutrition Education 11 Puzzles 1 Bean Bag Toss</p> <p>Sweet Sausage Minestrone, Bowtie Noodles, Tossed salad, Dinner Roll, Watermelon</p>	<p>24 8 Noodles 8 SAIL 10 Billiards 10:30 Penn State Nutrition 12:15 Bingo</p> <p>Roasted Pork w/Mushroom Sauce, Vegetable Rice Pilaf, Green Beans, Wheat Bread, Pineapple Delight</p>	<p>25 8 SAIL 10 Bean Bag Toss 10:30 Crafts 11 Puzzles 11 Trivia</p> <p>Pizza, Tossed Salad, Plum</p>	<p>26 8 SAIL 10 Billiards 10:30 Push Bingo 11:30 Ice Cream Social 12:15 Bingo</p> <p>Lentil Soup, Tuna Salad on Roll, Lettuce & Tomato, Crackers, Orange</p>	<p>27 10 Billiards 10 Bowling 11 Aqua Aerobics 11 Trivia 1 Puzzles</p> <p>Breaded Chicken Cutlet, Scalloped Potatoes, Tomato & Cucumbers, White Bread, Fruit Gelatin</p>
<p>20 10 Billiards 10 Bean Bag Toss 10:30 Puzzles 11 Nutrition Education 1 Trivia</p> <p>Baked Ham w/Raisin Sauce, Whipped Sweet Potatoes, Beets, Wheat Bread, Cookie</p>	<p>31 8 Noodles 8 SAIL 10 Billiards 10:30 Penn State Nutrition 12:15 Bingo</p> <p>Pasta & Meatballs w/Sauce, Tossed Salad, Italian Bread, Pineapple</p>			

Westmoreland Multi-Service Centers, Inc.

Donna Ott, *President of the Board of Directors* ❖ Jody Fields, *Director*
Beverly LaGorga, *Mt. Pleasant Center Supervisor* ❖ Kevin Hendrick, *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
2021
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:

8/3, 8/10, 8/17, 8/24, 8/3110:30 Penn State Nutrition Series. Each week there will be Nutrition tips along with recipes and snacks

8/5..... 10:30 Board of Directors Nominations & Elections

8/12..... 10:30 Push Bingo. Bring a \$1 prize, everyone wins!

8/13..... 11 Aqua Aerobics at Lynch Field Pool. This program will continue every Friday at 11am. Call or inquire at the center for more details.

8/19..... 10:30 Advisory Council Meeting

8/26..... 10:30 Push Bingo

**** Sign up for HSOA ** - Healthy Steps for Older Adults - Fall Prevention Program
September 22 , 9am - 2pm
Please see Bev or Jody if interested**

FYI: Aqua Aerobics at Lynch Field resumes Friday August 13 at 11am

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

**UPCOMING IN SEPTEMBER
OPEN HOUSE – September 2**
Watch for further details

Booming Bowlers
Bowling – Fridays at 10 am /Pleasant Lanes
3 games for \$6.00

FYI:
SAIL is Tuesdays,
Wednesdays &
Thursdays at 8am
/
Bingo is Tuesdays &
Thursdays at 12:15pm