

Monday	Tuesday	Wednesday	Thursday	Friday
 <h1 style="margin: 0;">August 2015</h1>			<p>Latrobe Center for Active Adults Avenue C, Latrobe, PA 15650 724-539-0237 Sharon McElhoes, Supervisor</p> 	

<p>3 8 Breakfast <b>9 Gabfest</b> ♦ 10 Bingo <b>11 Nutrition Topic</b> ♦ 12 Billiards/Cards</p> <p>Rigatoni w/Meat Sauce, Salad, Cauliflower, Italian Bread, Oatmeal Cookies</p>	<p>4 8 Breakfast <b>10 Book Club Meeting</b> <b>9 Aerobics</b> ♦ 12 Billiards 12 Cards</p> <p>Honey Mustard Chicken Salad, Sour Cream Cucumbers, Tortilla Shell, Orange</p>	<p>5 8 Breakfast 9 Noodle Making <b>9 Gabfest</b> ♦ <b>9:15 Zumba</b> ♦ <b>10:30 Line Dancing</b> ♦ 12 Cards</p> <p>Cheeseburger, Perfection Salad, Macaroni Salad, Mixed Fruit</p>	<p>6 8 Breakfast 10 Bingo 10 Crafts 12 Cards 12 Billiards</p> <p>Veal Patty w/Gravy, Parsley Potatoes, Broccoli, Rye Bread Nectarine</p>	<p>7 8 Breakfast <b>8 Walking Club</b> ♦ <b>9:30 Quilting Class</b> <b>11 Aqua Aerobics</b> ♦ 12 Cards</p> <p>Baked Ham, Yams, Green beans, 12 Grain Bread, Chocolate Mousse</p>
<p>10 8 Breakfast <b>9 Gabfest</b> ♦ 10 Bingo 12 Cards 12 Billiards</p> <p>Tuna Salad, Cream of Broccoli Soup, Pickled Beets, Rye Bread Cantaloupe Wedge</p>	<p>11 8 Breakfast <b>9 Aerobics</b> ♦ <b>11 Nutrition Topic</b> ♦ 12 Billiards 12 Cards</p> <p>Roast Beef w/Gravy Parsley Potatoes, Carrots, White Bread Fruit Salad</p>	<p>12 8 Breakfast 9 Noodle Making <b>9 Gabfest</b> ♦ <b>9:15 Zumba</b> ♦ <b>10:30 Line Dancing</b> ♦ 12 Cards</p> <p>Pizza, Salad, Banana</p>	<p>13 <b>Special Menu</b> 8 Breakfast- LAPA Mtg. <b>10 Bring A Friend Day</b> <b>10 Special Bingo</b> 10 Bingo/Crafts 12 Cards/Billiards</p> <p>BBQ Chicken Breast, Potato Salad, Baked Beans, Wheat Roll, Vanilla Ice Cream Cup</p>	<p>14 8 Breakfast <b>8 Walking Club</b> ♦ <b>9:30 Quilting Class</b> <b>11 Aqua Aerobics</b> ♦ 12 Cards</p> <p>Stuffed Cabbage Whipped Potatoes, Carrots, 9 Grain Bread, Apple</p>
<p>17 8 Breakfast <b>9 Gabfest</b> ♦ 10 Bingo 12 Cards 12 Billiards</p> <p>Turkey Breast w/Gravy Whipped Potatoes, Mixed Veggies, Wheat Bread, Brownie</p>	<p>18 8 Breakfast <b>9 Aerobics</b> ♦ <b>10 Games with Sharon</b> 12 Billiard 12 Cards</p> <p>Rigatoni w/Meatballs Salad, Italian Mixed Veggies, Italian Bread Banana</p>	<p>19 8 Breakfast 9 Noodle Making <b>9:15 Zumba</b> ♦ <b>10 Birthday Bingo</b> <b>10:30 Line Dancing</b> ♦ <b>11 Nutrition Topic</b> ♦ 12 Cards <b>12:15 Adv. Council Mtg.</b></p> <p>Chicken Salad w/ French Fries, 12 Grain Bread, Peaches</p>	<p>20 8 Breakfast <b>10 Special Bingo</b> 10 Crafts 10 Bingo 12 Cards/Billiards</p> <p>Salmon Patty, Stewed Tomatoes, Brown Rice Dinner Roll, Pineapple &amp; Mandarin Oranges</p>	<p>21 8 Breakfast <b>8 Walking Club</b> ♦ <b>9:30 Quilting Class</b> <b>11 Aqua Aerobics</b> ♦ 12 Cards</p> <p>Chicken Leg &amp; Thigh, Peas &amp; Carrots, Cole Slaw, Rye Bread, Chocolate Chip Cookies</p>
<p>24 8 Breakfast 10 Bingo <b>10 Games with Sharon</b> 12 Cards 12 Billiards</p> <p>Beef Stroganoff, Peas, Noodles, Mandarin Oranges</p>	<p>25 8 Breakfast <b>9 Aerobics</b> ♦ <b>11 Nutrition Topic</b> ♦ 12 Billiards 12 Cards</p> <p>Fish Sandwich w/ Cheese, Green Beans, 12 Grain bread, Rice, Applesauce</p>	<p>26 8 Breakfast 9 Noodle Making <b>9 Gabfest</b> ♦ <b>9:15 Zumba</b> ♦ <b>10:30 Line Dancing</b> ♦ 12 Cards</p> <p>Grilled Chicken Breast, Baked Potato, Broccoli Multi Grain Bun, Cantaloupe</p>	<p>27 8 Breakfast 10 Crafts 10 Bingo 12 Cards 12 Billiards</p> <p>Roast beef w/ Gravy, Whipped Potatoes, Carrots, Dinner Roll, Apple</p>	<p>28 8 Breakfast <b>8 Walking Club</b> ♦ <b>9:30 Quilting Class</b> <b>11 Aqua Aerobics</b> ♦ 12 Cards</p> <p>Pizza Salad Cake</p>
<p>31 8 Breakfast 10 Bingo <b>11 Nutrition Topic</b> ♦ 12 Cards 12 Billiards</p> <p>Ziti, Salad, Mixed Veggies, Italian Bread, Pineapple</p>	<p><b>DONATIONS ARE BEING TAKEN FOR OUR SEPTEMBER 19TH YARDSALE</b></p> 	<p><b>ANYONE INTERESTED IN JOINING AND STARTING A BOWLING LEAGUE IN SEPTEMBER PLEASE INQUIRE WITH-IN</b></p> 	<p><b>Anyone interested in joining The Book Club please inquire with-in. The first book chosen is Somewhere Safe with Somebody</b></p> 	<p><b>BE SURE TO SAY HI AND INTRODUCE YOURSELF TO YOUR NEW SUPERVISOR SHARON MCELHOES!!</b></p> 



# LATROBE CENTER FOR ACTIVE ADULTS

You can visit US online! Website: [Website: www.greaterlatrobe.net/seniorcenter](http://www.greaterlatrobe.net/seniorcenter)

## Westmoreland Multi-Service Centers, Inc.

Gertrude Brown, President of the Board of Directors

Pamela Soforic, Center Director

Jennifer Gilpin Supervisor, Mt. Pleasant Center for Active Adults ❖ Sharon McElhoes, Latrobe Center Supervisor

### LATROBE CENTER HIGHLIGHTS

**Breakfast served daily at 8am**

**Lunch served daily at 11:30am**

**8/4- 10am Book Club Meeting. The book to read is Somewhere Safe with Somebody Good by Jan Karon. Inquire with-in for details.**

**8/13- 8am LAPA Meeting.**

**8/13- 10am Bring A Friend Day. Bring a friend for a Special Bingo at 10am with Bonnie of From the Heart, followed by a Special BBQ Chicken luncheon and an Ice Cream Social. Bring a friend so they can see your Center and Join us as a new member! Please sign-up by August 5<sup>th</sup> if you plan on eating with us.**

**8/19- 10am Special Birthday Bingo sponsored by Senior Life. Join us for Bingo, Prizes & Birthday Cake to celebrate August Birthdays.**

**8/19- 10am Special Bingo with Ed from Grane Home Health Care.**

**8/19- 12:15 Advisory Council Meeting.**

**JOIN THE MT.PLEASANT CENTER ON:  
AUGUST 12<sup>TH</sup> & 24<sup>TH</sup> AT 10AM FOR MT. PINES  
ADVENTURE DAYS- BIKING, AQUA-AEROBICS,  
SWIMMING, MIN-GOLF, CORN HOLE & LUNCH.  
THIS IS AN INTERGENERATIONAL DAY OF FUN  
SO BRING YOUR FAMILIES!! INQUIRE WITH-IN!!  
AUGUST 19<sup>TH</sup>- SPAGHETTI DINNER 5-7PM \$6  
OCTOBER 2<sup>ND</sup>- CUMBERLAND MD TRAIN RIDE**

Happy Birthday

Leo

Birthstone: Peridot

Flower: Gladiolus



**Volunteers are needed for the front desk, noodle making and special events. We rely on volunteers to make your center a success. Please donate some of your free time to us!!!**

**Inquire with-in to your new Supervisor Sharon McElhoes and please give her a warm Welcome!!**

**Thank You!!**

### NEED SOME EXERCISE??

**Join us on Fridays- 8am for Walking Club**

**Fridays- 11am for Aqua Aerobics**

**Tuesdays- 9am for Aerobics**

**Wednesdays- 9:15am for Zumba**

**Wednesdays- 10:30am for Line Dancing**

**INQUIRE WITH-IN FOR CLASSES**

### NUTRITION TOPICS:

**8/3- Vegetable Group**

**8/11- How many Vegetables to Eat?**

**8/19- Why is it Important to eat Vegetables?**

**8/25- Tips to help you eat Vegetables**

**8/31- Beans & Peas**



**Call Westmoreland Transit Authority a day in advance**

**Toll free: 1-800-242-2706**



Westmoreland Multi-Service Centers, Inc.

424 Washington Street

Mt. Pleasant, PA 15666