

**Allentown (Hilltop) Senior Center 412.481.5484 (fax) 412.481.6540**

**MAY 2026**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>RESOURCE DAY "OPEN HOUSE" MAY 13TH NOON—3:00 PM</b>	<b>05/01</b> Deli Plate (Tuna Salad & egg salad) Sweet Potato Corn Soup, Bread w/margarine, Pound Cake w/berries.  <b>BINGO</b>	
<b>05/04</b> Meatballs Rosini, Cauliflower & Peas, Tossed Salad w/Dressing, Penne W/Sauce, Bread w/margarine, Jell-O  <b>YOGA, CRAFTS CROCHET</b>	<b>05/05</b> California Turkey Burger w/Sandwich Roll, Mustard, Broccoli w/ Ranch Dip, Fresh Watermelon.  <b>BINGO TEXAS HOLD'EM</b>	<b>05/06</b> Chicken Carnitas w/Tortilla, Cabbage Slaw, Mexican Rice, Salsa, Diced Peas.  <b>CRAFTS, BOOK CLUB, CROCHET DOMINOS</b>	<b>05/07</b> Honey Mustard Chicken Salad, Zucchini Parmesan Soup, Bread w/Margarine, Fresh Apple slices.  <b>CRAFTS, CROCHET TRIPOLY</b>	<b>05/08</b> Spanish Omelette, Diced Potatoes, Peppers & Onions, Croissant w/margarine, Greek Yogurt w/Berries.  <b>BINGO</b>
<b>05/11</b> Orange Pineapple Pork Loin, Green Beans, Baby Baked Potatoes, Bread, Banana Pudding  <b>YOGA, CRAFTS CROCHET</b>	<b>05/12</b> Greek Salad w/Salmon, Garden Veggie Soup, Bread w/Margarine, Fresh Orange.  <b>BINGO TEXAS HOLD'EM</b>	<b>05/13</b> Crab Cake, Tossed Salad w/Ranch, Macaroni & Cheese, Bread w/Margarine, Diced Peaches.  <b>RESOURCE DAY "OPEN HOUSE" MAY 13TH NOON—3:00 PM</b>	<b>05/14</b> Stuffed Pepper, Carrots, Mashed Potatoes, Bread w/Margarine, Cinnamon Applesauce.  <b>CRAFTS, CROCHET TRIPOLY</b>	<b>05/15</b> Beef Barbacoa, Black Beans & Corn, Vegetable Blend, Brown Rice, Guacamole, Fresh Fruit Salad.  <b>BINGO</b>
<b>05/18</b> Raspberry BBQ Chicken w/Sandwich Roll, Broccoli & Cauliflower, Roasted Sweet Potatoes, Oatmeal Cookie,  <b>YOGA, CRAFTS CROCHET</b>	<b>05/19</b> Sausage and Peppers, Diced Potatoes, Peppers & Onions, Hoagie Roll, Jell-O.  <b>BINGO TEXAS HOLD'EM</b>	<b>05/20</b> Chicken Avocado Salad, Fresh Onion Soup, Bread w/margarine, Tropical Fruit.  <b>CRAFTS, BOOK CLUB, CROCHET DOMINOS</b>	<b>05/21</b> Cheesy Beef Macaroni, Stewed Tomatoes, Green Beans, Bread w/margarine, Fresh Pineapple.  <b>CRAFTS, CROCHET TRIPOLY</b>	<b>05/22</b> Vegetable Lasagna, Carrot Coins, Tossed Salad w/Ranch, Bread w/margarine Fresh Cantaloupe.  <b>BINGO</b>
	<b>05/26</b> Chicken Caesar Salad, Tomato Soup, Bread w/margarine, Diced Pineapple.  <b>BINGO TEXAS HOLD'EM</b>	<b>05/27</b> Stuffed Cabbage, Mashed Potatoes, Green Beans, Bread w/margarine, Greek Yogurt w/ Peaches  <b>CRAFTS, BOOK CLUB, CROCHET DOMINOS</b>	<b>05/28</b> Chicken Parmesan, Tossed Salad w/Ranch, Penne w/Sauce, Pound Cake w/Berries.  <b>CRAFTS, CROCHET TRIPOLY</b>	<b>05/29</b> Pulled Pork w/BBQ sauce packet, Baked Beans, Coleslaw, Sandwich Roll, Fresh Apple slices  <b>BINGO</b>

**LUNCH  
MONDAY—FRIDAY  
11:30 AM**

**CENTER HOURS  
9:00 AM to 4:00 PM  
MONDAY—FRIDAY**

**COVID-19 SHOTS  
& BOOSTERS  
BY APPOINTMENT**

*Information and Assistance  
Need help knowing where to turn or  
completing forms?  
Call 412-481-5484 for an  
appointment.*

**NEED A RIDE?**  
For OPT transportation to and from the Center for daily activities or special events, call 412-481-5484 by 11:00am the day before you need a ride. (\$1.25 each way)

**NOTE:** EACH medical trip (65+) will cost \$2.25 each way. For 60-64, medical trips will be \$5.25 each way.

**COMPLAINTS? CALL!**  
ACCESS: 412-562-5353  
OPT: 412-562-5385

Since 1977, Allentown Senior Citizen Centers, Inc. has offered programs to meet the educational socialization, recreational, and counseling needs of older adults. Center Services are Available to all individuals 60 or older who reside in Allegheny County.