

JULY 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY



7/6 Sweet & Sour Chicken,
Asian Vegetable Blend,
Buttered Brown Rice, Clementine, Sugar Cookie

7/7 Swiss Steak w/Tomato Gravy, Mashed Potatoes, Peas, Dinner Roll w/Marg, Jello

7/1 French Onion Beef
Patty w/onion gravy, Mash-Potatoes, Peas & Carrots, Roll w/Marg, Choc Pudding
CRAFTS, CROCHET DOMINOS

7/2 Chicken Tenders, Sweet Potatoes, Green Beans, Roll w/Marg, BBQ Sauce, Orange.
CRAFTS, JEWELRY CROCHET TRIPOLY



7/10 BBQ Chicken Salad
Salad Greens, Cheddar Cheese, Dressing, Whole Grain Roll, Fresh Melon.

YOGA, CRAFTS CROCHET

BINGO TEXAS HOLD'EM

CRAFTS, CROCHET DOMINOS

CRAFTS, JEWELRY, CROCHET TRIPOLY

BINGO

7/13 Meatloaf w/Gravy, Mashed Potatoes, Corn, Roll /Marg, Oatmeal Cookies

7/14 California Turkey Burger w/sandwich Roll., Broccoli w/Ranch Dip, Watermelon.

7/15 Cheeseburger, Sand Roll, Cole Slaw, Baked Beans, Mixed Fruit.

7/16 Baked Ham, Sweet Potatoes, Mixed Vegetables, Roll, Cantaloupe,
CRAFTS, JEWELRY, CROCHET, TRIPOLY

7/17 Fajita Chicken, Corn, Brown Rice, Oange.

PICNIC IN THE CENTER BINGO



YOGA, CRAFTS CROCHET

BINGO TEXAS HOLD'EM

CRAFTS, CROCHET DOMINOS

BINGO

7/20 Chicken w/Creamy Mushroom Gravy, Peas & Pearl Onions, Mash Potatoes, Dinner Roll, Applesauce

7/21 Pasta w/Meat Sauce, Side Salad, w/Dressing, Dinner Roll w/Marg, Fresh Orange.

7/22 Turkey Burger w/Swiss & Avocado Sand. Broccoli & Ranch Zuc. & Parm Soup, Apple.

7/23 Stuffed Pepper, Mash Potatoes, Carrots, Roll w/Marg, Yogurt
CRAFTS, JEWELRY, CROCHET TRIPOLY

7/24 Turkey & Gouda Sand, Cucumber Slices, Whole Wheat Bread, Mixed Fruit, Cookie, Honey Mustard

BINGO

YOGA, CRAFTS CROCHET

BINGO TEXAS HOLD'EM

CRAFTS, CROCHET DOMINOS

BINGO

7/27 Lemon Butter Chicken, Rosemary Roast Potatoes, California Blend, Roll, Jello

7/28 BBQ.Sausage & Peppers, Dice Potatoes, Peppers & Onions, Roll, Jell-O

7/29 French Onion Beef
Patty, Mashed Potatoes, Peas, Car Roll Choc Pud,

7/30 Chicken Tenders, Sweet Potatoes, Green Beans, Roll Orange,
CRAFTS, JEWELRY, CROCHET TRIPOLY

7/31 Baked Ziti & Cheese, Salad, Buttered Italian Vegetables Dinner Roll, Diced Pear.

BINGO

YOGA, CRAFTS CROCHET

BINGO TEXAS HOLD'EM

CRAFTS, CROCHET DOMINOS

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.