



Senior Center Activities Calendar August 2024



MON	TUE	WED	THU	FRI	EVERY DAY
			1 10:00am - Strength & Stretch 12:00pm - Beginner Mahjong 1:30pm - Mahjong	2 10:00am - Sticks & Stretch 12:15pm - Big Bingo <i>Sponsored by Life Force</i>	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 12:30pm Afternoon Snack All Day Cards & Games Mahjong
5 10:00am - Morning Stretch 12:15pm - Intermediate Bridge 1:30pm - Movie Monday	6 9:30am - Beginner Canasta 10:00am - Drum Fit 11:45am - South Jersey Players 1:30pm - Chair Yoga w/ Marissa	7 10:00am - Cardio Stretch 1:00pm - Tour of The Shores 1:15pm - Tai Chi w/ Gina	8 10:00am - Strength & Stretch 11:45am - Lunch & Learn w/ Alan Weiss 12:00pm - Beginner Mahjong 1:30pm - Mahjong	9 10:00am - Sticks & Stretch 12:00pm - Beginner Crochet 12:15pm - Big Bingo <i>Sponsored by The Shores</i>	
12 10:00am - Morning Stretch 12:15pm - Intermediate Bridge 1:30pm - Drum Fit w/ Shelley	13 9:30am - Beginner Canasta 10:00am - Drum Fit 10:30am - Blood Pressure Screening 11:30am - Meet Chief Bernard Walker, OCFD 1:15pm - Arts & Crafts	14 10:00am - Cardio Stretch 1:30pm - Cowboy Hat Craft	15 10:00am - Strength & Stretch 11:00am - Country Hoedown 12:00pm - Beginner Mahjong 1:30pm - Mahjong	16 10:00am - Sticks & Stretch 12:00pm - Beginner Crochet 12:15pm - Big Bingo <i>Sponsored by Holistic Care</i>	
19 10:00am - Morning Stretch 11:00am - Birthday Celebration 12:15pm - Intermediate Bridge 1:15pm - Sweatin' to the Oldies	20 9:30am - Beginner Canasta 10:00am - Drum Fit 1:00pm - Skin Cancer Presentation	21 10:00am - Cardio Stretch 1:30pm - Bunko	22 10:00am - Strength & Stretch 12:00pm - Beginner Mahjong 1:00pm - Karaoke w/ Michele 1:30pm - Mahjong	23 10:00am - Sticks & Stretch 12:00pm - Beginner Crochet 12:15pm - Big Bingo <i>Sponsored by Complete Care</i>	To register for any of our programs, please call (609) 399-0055!
26 9:30am - Book Club 10:00am - Morning Stretch 12:15pm - Intermediate Bridge 1:30pm - Noodle Net Game	27 9:30am - Beginner Canasta 10:00am - Drum Fit 1:00pm - Memorizing Memories 1:30pm - Line Dance	28 10:00am - Cardio Stretch 1:00pm - Sound Therapy w/ Gina	29 10:00am - Strength & Stretch 10:30am - Balance Screening w/ Bayada 12:00pm - Beginner Mahjong 1:30pm - Mahjong	30 10:00am - Sticks & Stretch 12:30pm - Big Bingo <i>Sponsored by Compassionate Care</i>	



Senior Center Lunch Menu August 2024



MON	TUE	WED	THU	FRI
			1 Salad Gnocchi & Meatballs	2 Cheeseburgers Tater Tots
5 Chicken Pot Pie Vegetable of the Day	6 Tacos Spanish Rice	7 Sausage & Peppers Pasta	8 Ham & Cheese Sandwiches Salad	9 Sloppy Joes Vegetable of the Day
12 Chicken Fingers French Fries	13 Stuffed Shells Meatballs	14 Fish & Chips Coleslaw	15 BBQ Chicken Macaroni & Cheese Cornbread	16 Chicken Salad on Croissant
19  Hot Dogs Sauerkraut	20 Chicken Florentine Rice	21 Meatball Subs Salad	22 Egg Salad on Croissant	23 Lasagna Salad
26 Turkey & Cheese Sandwiches Salad	27 Chicken Parmesan Pasta	28 Open-Faced Hot Roast Beef Sandwich Mashed Potatoes	29 Baked Penne Pasta with Sausage	30 Fish & Chips Potato Salad

Subject to change