




Senior Center Activities Calendar October 2024



MON	TUE	WED	THU	FRI	EVERY DAY
	1 10:00am - Drum Fit 1:15pm - Pokena	2 10:00am - Cardio Stretch 1:15pm - Word Search Wednesday	3 10:00am - Strength & Stretch 1:15pm - Cornhole	4 10:00am - Sticks & Stretch	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 12:30pm Afternoon Snack All Day Cards & Games Chess Mahjong Football Fridays Show your NFL team spirit by wearing your gear!
7 10:00am - Morning Stretch 1:15pm - Bunco	8 10:00am - Drum Fit 1:15pm - Noodle Net	9 10:00am - Cardio Stretch 11:30am - Lunch & Learn with Holisticare: Advanced Directives & POLST	10 10:00am - Strength & Stretch 11:30am - Lunch & Learn with Shore Physicians Group: Hip Fracture Prevention	11 10:00am - Sticks & Stretch 12:15pm - Big Bingo <i>Sponsored by Royal Suites</i>	
14 Closed Indigenous Peoples Day Columbus Day	15 10:00am - Drum Fit 1:15pm - Scrabble Tournament	16 10:00am - Cardio Stretch 1:15pm - Mind & Body with Gina	17 10:00am - Strength & Stretch 1:15pm - Karaoke with Gloria	18 10:00am - Sticks & Stretch 12:15pm - Big Bingo <i>Sponsored by The Shores at Wesley</i>	
21 10:00am - Morning Stretch 1:30pm - Drum Fit	22 10:00am - Drum Fit 11:30am - Lunch & Learn with Life Force: One-on- One Home Care 1:00pm - Arts & Crafts Pumpkin Painting	23 10:00am - Cardio Stretch 1:15pm - Sweatin' to the Oldies	24 Senior Health Expo <i>All regular Senior Center activities suspended.</i>	25 10:00am - Sticks & Stretch 12:15pm - Big Bingo <i>Sponsored by Right at Home</i>	
28 9:30am - Book Club 10:00am - Morning Stretch 1:00pm - Movie Monday <i>Forest Gump</i>	29 10:00am - Drum Fit 1:30pm - Line Dance with Aggie	30 10:00am - Cardio Stretch 1:15pm - Mind & Body with Gina	31 10:00am - Strength & Stretch 11:00am - Halloween Costume Party & Birthday Celebration 		
					To register for any of our programs, please call (609) 399-0055!



Senior Center Lunch Menu October 2024



MON	TUE	WED	THU	FRI
	1 Chicken Pot Pie	2 Stuffed Shells with Meatballs Salad	3 BBQ Chicken Mashed Potatoes Vegetable of the Day	4 Pizza Salad
7 Pork Roll, Egg, and Cheese Sandwiches Potato Salad	8 Tacos Spanish Rice	9 Chicken Parmesan Pasta	10 Beef Stroganoff with Egg Noodles	11 Fish & Chips
14 <i>Closed</i> <i>Indigenous Peoples Day</i> <i>Columbus Day</i>	15 Ham & Cheese Sandwiches Potato Chips Salad	16 Meatloaf Mashed Potatoes Peas	17 Sausage & Peppers with Onion Pasta	18 Chicken Salad Platter
21 Hot Dogs Sauerkraut Baked Beans	22 Grilled Chicken Rice Corn	23 Egg Salad Platter	24 Gnocchi with Meat Sauce Salad	25 Baked Fish Roasted Potatoes Coleslaw
28 Cheeseburger Tater Tots French Fries	29 Open-Faced Hot Turkey Sandwiches Sweet Potatoes Mixed Vegetables	30 Manicotti with Meatballs Salad	31 BBQ Chicken Macaroni & Cheese Stewed Tomatoes	

Subject to change