



Senior Center Activities Calendar July 2024





MON	TUE	WED	THU	FRI	SPECIAL EVENTS
9:00am Coffee & Chat	9:00am Coffee & Chat	9:00am Coffee & Chat	9:00am Coffee & Chat	9:00am Coffee & Chat	4th of July Celebration Tuesday, July 2nd 11:30am-2:00pm
9:30am-11:15am Pinochle Cards & Games	9:30am-11:15am Beginner Canasta	9:30am-11:15am Pinochle Cards & Games	9:30am-11:15am Pinochle Cards & Games	9:30am-11:15am Pinochle Cards & Games	Beginner Crochet with Mary Alice Friday, July 5th, 12th, and 19th 12:30pm-1:30pm
10:00am-11:00am Cardio & Stretch	9:30am-11:15am Pinochle Cards & Games	10:00am-11:00am Morning Stretch	10:00am-11:00am Strength & Stretch	10:00am-11:00am Sticks & Stretch	Chair Yoga with Marissa Tuesday, July 9th 1:00pm-2:00pm
12:15pm-3:30pm Intermediate Bridge	10:00am-11:00am Drum Fit	12:30pm-3:30pm Bingo Cards & Games	12:00pm-2:00pm Beginner Mahjong	12:30pm-3:30pm Big Bingo Cards & Games	Karaoke with Michele Thursday, July 13th 1:00pm-2:00pm
12:30pm-3:30pm Bingo Cards & Games	12:15pm-2:00pm Mahjong	1:00pm-2:00pm Afternoon Activity	12:30pm-3:30pm Bingo Cards & Games		Drum Fit with Shelley Tuesday, July 23rd 1:30pm-2:30pm
1:00pm-2:00pm Afternoon Activity	12:30pm-3:30pm Bingo Cards & Games		1:30pm-3:30pm Mahjong		July Birthday Celebration Thursday, July 25th 11:30am-1:00pm
					Book Club Monday, July 29th 9:30am-10:30am
					Line Dance with Aggie Tuesday, July 30th 1:30pm-2:30pm

Subject to change
To sign up for any of our activities,
call (609) 399-0055!



Senior Center Lunch Menu July 2024



MON	TUE	WED	THU	FRI
1 Chicken Parmesan with Pasta Salad	2  4th of July Celebration	3 Stuffed Shells with Meatballs Salad	4 Closed  HAPPY Independence Day	5 BBQ Chicken Macaroni & Cheese
8 Hot Dogs Sauerkraut Baked Beans	9 Tacos Rice	10 Ham & Cheese Sandwiches Salad	11 Baked Penne with Sausage Salad	12 Chicken Salad Croissant Sandwiches
15 Fish & Chips Cole Slaw	16 Chicken Pot Pie Vegetable of the Day	17 Stuffed Cabbage Salad	18 Roasted Pork with Sauerkraut Mashed Potatoes Applesauce	19 Manicotti with Meatballs Salad
22 Turkey & Cheese Sandwiches Salad	23 Salisbury Steak Mashed Potatoes & Gravy Vegetable of the Day	24 Chicken Tenders French Fries	25 Lasagna Salad	26 Meatball Subs
29 Sloppy Joes Macaroni & Cheese	30 Meatloaf Mashed Potatoes & Gravy	31 Chicken Cordon Bleu Vegetable of the Day		

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