



Senior Center Activities Calendar March 2025





SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
						1 10:30am Strength & Stretch	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 12:30pm Afternoon Snack All Day Cards & Games Chess Mahjong
2 10:30am Chair Yoga	3 10:00am Muscle Strength Monday 1:00pm BUNCO	4 10:00am Drum Fit 1:00pm Eating Healthy with Community Food Bank of New Jersey	5 10:00am Cardio Wednesday 11:30am Lunch & Learn with JAG Physical Therapy 1:00pm Scrabble Tournament	6 10:00am Strength & Stretch 11:30am Lunch & Learn with OC Arts Center	7 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Brandywine Living</i>	8 10:30am Strength & Stretch	
9 10:30am Chair Yoga	10 10:00am Muscle Strength Monday 1:15pm Drum Fit	11 10:00am Drum Fit 1:00pm Brain Health Workshop with The Shores	12 10:00am Cardio Wednesday 1:00pm Scrabble Tournament 1:15pm Mind & Body	13 10:00am Strength & Stretch 11:30am St. Patrick's Day Celebration with Tom Brett Entertainment	14 10:00am Sticks & Stretch 11:30am Lunch & Learn with Steve Van Natten 12:15pm Big Bingo <i>Sponsored by D'Amato Law</i>	15 10:30am Strength & Stretch	
16 10:30am Chair Yoga	17 10:00am Muscle Strength Monday 1:15pm Sweatin' to the Oldies	18 10:00am Drum Fit 1:15pm Balance & Mobility with Partners in Homecare	19 10:00am Cardio Wednesday 1:00pm Scrabble Tournament 1:00pm Karaoke	20 10:00am Strength & Stretch 11:45am Lunch & Learn with Shore Physician Group 1:00pm Arts & Crafts 1:30pm Mah Jong	21 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by TBA</i>	22 10:30am Strength & Stretch	
23 10:30am Chair Yoga	24 10:00am Muscle Strength Monday	25 10:00am Drum Fit 11:30am Lunch & Learn with Angelic Health 1:15pm Line Dance	26 10:00am Cardio Wednesday 1:00pm Scrabble Tournament 1:15pm Mind & Body	27 10:00am Strength & Stretch 11:30am Birthday Celebration	28 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Complete Care</i>	29 10:30am Strength & Stretch	
30 10:30am Chair Yoga	31 10:00am Muscle Strength Monday 1:00pm Movie Monday <i>The Quiet Man</i>						To register for any of our programs, please call (609) 399-0055!



Senior Center Lunch Menu March 2025



SUN	MON	TUE	WED	THU	FRI	SAT
						1 Hot Dogs Sauerkraut Baked Beans
2 Pancakes Sausage	3 Grilled Cheese & Tomato Soup Coleslaw Potato Chips	4 Ravioli Meatballs Salad	5 Roasted Turkey Mashed Potatoes Mixed Vegetables	6 Chili Macaroni & Cheese Salad	7 Fish & Chips Coleslaw	8 Egg Salad Sandwiches
9 French Toast Bacon	10 Chicken Patty Sandwiches Coleslaw Potato Chips	11 Tacos Spanish Rice	12 Meatloaf Mashed Potatoes Mixed Vegetables	13  Beef Stew White Rice	14 Stuffed Shells Meatballs	15 Pizza
16 Eggs Sausage Hash Browns	17 Sloppy Joes Tater Tots Applesauce	18 BBQ Chicken Macaroni & Cheese Mixed Vegetables	19 Lasagna	20 Roasted Pork Sauerkraut Roasted Potatoes	21 Baked Fish Potato Salad	22 Ham & Cheese Sandwiches Applesauce
23 Cream Chipped Beef Toast	24 Chicken Pot Pie Salad	25 Manicotti Meatballs	26 Chicken Caesar Salad	27  Sausage & Peppers Herb Rice	28 Ravioli Meatballs Salad	29 Cheeseburgers Potato Chips
30 Pancakes Sausage	31 Hot Dogs Sauerkraut Baked Beans					