



Senior Center Activities Calendar February 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 11:45am Lunch & Learn with Ivy Rehab	5 10:00am Cardio Wednesday 1:00pm Scrabble Tournament 1:15pm Mind & Body	6 10:00am Strength & Stretch 11:30am Super Bowl Party <i>Sponsored by Autumn Lakes</i>	7 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Compassionate Care</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 Valentine's Day Painting	12 10:00am Cardio Wednesday 12:00pm CPR Training with OCFD 1:00pm Scrabble Tournament	13 10:00am Strength & Stretch 11:30am Valentine's Celebration with DJ Ken	14 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Visiting Angels</i>	15 10:30am Strength & Stretch	
16 1:15pm Chair Yoga	17 10:00am Muscle Strength Monday	18 10:00am Drum Fit	19 10:00am Cardio Wednesday 1:00pm Scrabble Tournament 1:15pm Mind & Body	20 10:00am Strength & Stretch 11:45am Lunch & Learn with Shore Physician Group 1:30pm Mah Jong	21 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Red Oak Hospice</i>	22 10:30am Strength & Stretch	To register for any of our programs, please call (609) 399-0055!
23 10:30am Chair Yoga	24 10:00am Muscle Strength Monday 1:00pm Movie Monday <i>The Way We Were</i>	25 10:00am Drum Fit 11:45am Lunch & Learn with Angelic Health 1:15pm Line Dance	26 10:00am Cardio Wednesday 1:00pm Scrabble Tournament 1:00pm Karaoke	27 10:00am Strength & Stretch 11:30am Birthday Celebration 1:15pm Sweatin' to the Oldies	28 10:00am Sticks & Stretch 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Journey Hospice</i>		



Senior Center Lunch Menu February 2025



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