



# Senior Center Activities Calendar December 2024



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
1	2 <b>10:00am</b> Maracas & Cardio Stretch  <b>1:15pm</b> Bunco	3 <b>10:00am</b> Drum Fit  <b>1:15pm</b> Sweatin' to the Oldies	4 <b>10:00am</b> Pom-Poms & Cardio Stretch  <b>1:15pm</b> Mind & Body	5 <b>10:00am</b> Strength & Stretch  <b>11:45am</b> Lunch & Learn with Ivy Rehabilitation	6 <b>10:00am</b> Sticks & Stretch  <b>12:15pm</b> Big Bingo <i>Sponsored by Compassionate Care</i>	7 <b>10:30am</b> Morning Stretch	<b>9:00am</b> Coffee & Chat  <b>11:30am</b> Lunch  <b>12:15pm</b> Bingo  <b>12:30pm</b> Afternoon Snack  <b>All Day</b> Cards & Games Chess Mahjong  <b>Football Fridays</b> Show your NFL team spirit by wearing your gear!
8 <b>10:30am</b> Morning Stretch	9 <b>10:00am</b> Maracas & Cardio Stretch  <b>1:00pm</b> Arts & Crafts Christmas Ornaments	10 <b>10:00am</b> Drum Fit  <b>1:15pm</b> Line Dance	11 <b>10:00am</b> Pom-Poms & Cardio Stretch  <b>1:15pm</b> Mind & Body	12 <b>10:00am</b> Strength & Stretch  <b>11:45am</b> Lunch & Learn with Shore Physicians Group	13 <b>10:00am</b> Sticks & Stretch  <b>12:15pm</b> Big Bingo Family Feud	14 <b>10:30am</b> Morning Stretch	
15 <b>10:30am</b> Morning Stretch	16 <b>10:00am</b> Maracas & Cardio Stretch  <b>11:30am</b> Dance Recital  <b>1:15pm</b> Drum Fit	17 <b>10:00am</b> Drum Fit  <b>11:00am</b> Holiday Celebration 	18 <b>10:00am</b> Pom-Poms & Cardio Stretch  <b>1:15pm</b> Nutrition Workshop with OC Health Advisory Council	19 <b>10:00am</b> Strength & Stretch  <b>1:15pm</b> Holiday Karaoke	20 <b>10:00am</b> Sticks & Stretch  <b>12:15pm</b> Big Bingo <i>Sponsored by Journey Hospice</i>	21 <b>10:30am</b> Morning Stretch	
22 <b>10:30am</b> Morning Stretch	23 <b>10:00am</b> Maracas & Cardio Stretch	24 <b>10:00am</b> Drum Fit  <b>1:00pm</b> Early Closure	25 Closed <b>MERRY CHRISTMAS</b>	26 <b>10:00am</b> Strength & Stretch	27 <b>10:00am</b> Sticks & Stretch	28 <b>10:30am</b> Morning Stretch	<b>To register for any of our programs, please call (609) 399-0055!</b>
29 <b>10:30am</b> Morning Stretch	30 <b>10:00am</b> Maracas & Cardio Stretch  <b>1:00pm</b> Movie Monday <i>When Harry Met Sally</i>	31 <b>10:00am</b> Drum Fit  <b>1:00pm</b> Early Closure					



# Senior Center Lunch Menu December 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1	2 Chicken Pot Pie Salad	3 Sausage, Peppers, and Onions	4 Raviolis	5 Meatloaf Mashed Potatoes Mixed Veggies	6 Fish & Chips	7 Hot Dogs Sauerkraut Baked Beans
8 <i>Brunch</i>	9 Chicken Patty Sandwiches	10 Tacos with Lettuce & Tomatoes Salsa Rice	11 Ham & Cheese Sandwiches Salad	12 Beef Stew	13 Baked Fish Cole Slaw Roasted Potatoes	14 Pizza French Fries
15 <i>Brunch</i>	16 Lasagna Broccoli	17 BBQ Chicken Mashed Potatoes Mixed Veggies	18 Hot Turkey Roasted Potatoes Mixed Veggies	19 Cheeseburgers Tater Tots	20 Chili Macaroni & Cheese	21 Meatball Subs
22 <i>Brunch</i>	23 Manicotti	24 Egg Salad Platter with Lettuce, Onion, and Tomato	25 Closed <b>MERRY CHRISTMAS</b>	26 Chicken Parmesan Salad	27 Roasted Pork Roasted Potatoes Corn	28 Chicken Salad Platter
29 <i>Brunch</i>	30 Sloppy Joes	31				