



Senior Center Activities Calendar April 2025





SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
		1 10:00am Drum Fit	2 10:00am Hustle for the Muscle 12:00pm CPR Training with OCFD 12:15pm Scrabble Tournament	3 10:00am Tone Zone 11:30am Lunch & Learn with OC Public Library	4 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by The Shores at Wesley Manor</i>	5 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 12:30pm Afternoon Snack All Day Cards & Games Chess Mahjong NEW for April! Phillies Phanatic Phridays!
6 10:30am Chair Yoga	7 10:00am Box Office Knockout	8 10:00am Drum Fit 1:15pm Senior Seated Volleyball	9 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind & Body	10 9:00am-11:00am Hearing Tests with Hearing Life 10:00am Tone Zone 1:00pm Food Shopping Habits with Community Food Bank of New Jersey	11 10:00am Sticks & Kicks 11:30am Lunch & Learn Car Insurance 12:15pm Big Bingo <i>Sponsored by Stainton's</i>	12 10:30am Sing & Sculpt	
13 10:30am Chair Yoga	14 10:00am Muscle Strength Monday 1:15pm Sweatin' to the Oldies	15 10:00am Drum Fit 1:15pm Funeral Pre-Planning with Godfrey Funeral Home	16 10:00am Hustle for the Muscle 11:30am Lunch & Learn Life Insurance 12:15pm Scrabble Tournament	17 10:00am Tone Zone 11:30am Spring Fling Luncheon 1:30pm Mahjong	18 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic	19 10:30am Sing & Sculpt	
20 HAPPY easter	21 10:00am Box Office Knockout 1:15pm Drum Fit	22 10:00am Drum Fit 11:30am Lunch & Learn Angelic Health 1:00pm Arts & Crafts	23 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind & Body	24 10:00am Tone Zone 11:30am Lunch & Learn Shore Medical Center Volunteer Opportunities 1:00pm Karaoke	25 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Visiting Angels</i>	26 10:30am Sing & Sculpt	
27 10:30am Chair Yoga	28 10:00am Box Office Knockout 1:00pm Movie Monday Field of Dreams	29 10:00am Drum Fit 11:30am Birthday Celebration 1:15pm Line Dance	30 10:00am Hustle for the Muscle 1:15pm Heart Health with OC Health Advisory Council				To register for any of our programs, please call (609) 399-0055!



Senior Center Lunch Menu April 2025



SUN	MON	TUE	WED	THU	FRI	SAT
		1 BBQ Chicken Macaroni & Cheese Mixed Vegetables	2 Lasagna	3 Hot Dogs Sauerkraut Baked Beans	4 Egg Salad Platter	5 Pork Roll & Cheese Sandwiches Tater Tots
6 Pancakes Sausage	7 Chicken Parmesan Sandwiches Caesar Salad	8 Tacos Rice & Beans	9 Roasted Turkey Mashed Potatoes Mixed Vegetables	10 Gnocchi with Meatballs Salad	11 Fish & Chips Coleslaw	12 Turkey & Cheese Sandwiches Salad
13 French Toast Bacon	14 Grilled Cheese Sandwiches Potato Chips	15 Chicken Fingers Applesauce	16 Meatloaf Mashed Potatoes Mixed Vegetables	17 Baked Ham Baked Yams Mixed Vegetables	18 Stuffed Shells with Meatballs Salad	19 Ham & Cheese Sandwiches Potato Salad
20 	21 Chicken Pot Pie Salad	22 Sloppy Joes Tater Tots	23 Sausage with Pepper & Onions Herbed Rice	24 Chicken Salad Platters	25 Vegetable Lasagna Salad	26 Pizza Salad
27 Eggs Sausage Hash Browns	28 Hot Dogs Sauerkraut Baked Beans	29  Chicken Caesar Salad	30 Roasted Pork Roasted Potatoes Sauerkraut			