



Senior Center Activities Calendar April 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
			1 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 12:30pm Seated Volleyball	2 10:00am Sticks & Kicks 1:00pm Arts & Crafts <i>Easter Eggs</i>	3 10:00am Tone Zone 12:15pm Big Bingo <i>Sponsored by Holisticare</i>	4 10:30am Sing & Sculpt	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong
5 Closed 	6 10:00am Drum Fit 12:15pm Scrabble Tournament 1:30pm Chair Yoga	7 10:00am Power Up! 1:00pm Pinochle Tournament	8 9:00am Memoir Writing 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 12:30pm Balance & Mobility	9 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>Presented by Shore Physicians Group</i>	10 9:00am Memoir Writing 10:00am Tone Zone 12:15pm Big Bingo <i>Sponsored by Visiting Angels</i>	11 10:30am Sing & Sculpt	OC Mobile Library Every Wednesday 1:00pm - 2:00pm Phillies Fridays Wear your Phillies gear!
12 10:30am Chair Yoga	13 10:00am Drum Fit 12:15pm Scrabble Tournament 1:30pm Chair Yoga	14 10:00am Power Up! 1:15pm Sweatin' to the Oldies	15 10:00am Hustle for the Muscle 11:30am Lunch & Learn <i>Presented by Trivent</i> 12:15pm Scrabble Tournament 12:30pm Seated Volleyball	16 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>Presented by Holisticare</i>	17 10:00am Tone Zone 12:15pm Big Bingo <i>Sponsored by Homewatch Caregivers</i>	18 10:30am Sing & Sculpt	
19 10:30am Chair Yoga	20 10:00am Drum Fit 12:15pm Scrabble Tournament 1:30pm Chair Yoga	21 10:00am Power Up!	22 10:00am Hustle for the Muscle 11:30am Lunch & Learn <i>Presented by Aleph Home Care</i> 12:15pm Scrabble Tournament 1:15pm Mind & Body	23 10:00am Sticks & Kicks 11:30am Senior Prom	24 10:00am Tone Zone 12:15pm Big Bingo	25 10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!
26 10:30am Chair Yoga	27 10:00am Drum Fit 12:15pm Scrabble Tournament 1:00pm Movie Monday <i>A League of Their Own</i> 1:30pm Chair Yoga	28 10:00am Power Up! 1:15pm Line Dance	29 10:00am Hustle for the Muscle 11:30am Lunch & Learn <i>Meet the Chief OCPD Chief Campbell</i> 12:15pm Scrabble Tournament 12:30pm Seated Volleyball	30 10:00am Sticks & Kicks 11:30am Birthday Celebration 1:00pm Karaoke			

Subject to change



Senior Center Lunch Menu April 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Pork Roll & Cheese Sandwich Tater Tots Applesauce	2 Hot Dog Sauerkraut Baked Beans	3 Baked Fish with Lobster Sauce Cole Slaw Roasted Potatoes	4 Turkey & Cheese Sandwich Potato Chips & Pickle Potato Salad
5 Closed 	6 Chicken Pot Pie Salad	7 Tacos Spanish Rice	8 BBQ Chicken Mashed Potatoes Mixed Vegetables	9 Lasagna Salad	10 Battered Fish French Fries Cole Slaw	11 Ham & Cheese Sandwich Potato Chips & Pickle Macaroni Salad
12 Pancakes Hash Brown Sausage Fruit Cup	13 Homemade Pizza Salad	14 Chili Macaroni & Cheese Dinner Roll	15 Chicken Caesar Salad Dinner Roll	16 Pasta with Meat Sauce Garlic Bread	17 Baked Fish with Lobster Sauce Cole Slaw Roasted Potatoes	18 Chicken Sandwich Potato Chips Potato Salad
19 Scrambled Eggs Hash Brown Sausage Fruit Cup	20 Grilled Cheese Tomato Soup Applesauce	21 Cheeseburger French Fries Potato Salad	22 Sausage, Peppers, and Onions Spanish Rice	23  Meatloaf Mashed Potatoes Mixed Vegetables	24 Battered Fish French Fries Cole Slaw	25 Ham & Cheese Sandwich Potato Chips & Pickle Macaroni Salad
26 French Toast Hash Brown Bacon Fruit Cup	27 Meatball Sub Potato Chips Salad	28 Egg Salad over Spring Mix	29 Stuffed Shells Meatballs & Sauce Garlic Bread	30  Beef Stew over Egg Noodles Dinner Roll		

Subject to change