



Senior Center Activities Calendar August 2025



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
					1 10:00am Sticks & Kicks 12:15pm Big Bingo <i>Sponsored by Home Watch Caregivers</i>	2 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 1:00pm Afternoon Snack All Day Cards & Games Chess Mahjong Phillies Phanatic Phridays!
3 10:30am Chair Yoga	4 10:00am Bodies in Motion 1:15pm Chair Yoga	5 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>Walking Trails with NJAES</i>	6 10:00am Hustle for the Muscle 11:30am Root Beer Float Day <i>Sponsored by Bratton Law & Autumn Lakes</i> 12:15pm Scrabble Tournament 1:00pm Seated Volleyball	7 10:00am Happy Feet 1:00pm Art Class	8 10:00am Sticks & Kicks 12:15pm Big Bingo	9 10:30am Sing & Sculpt	
10 10:30am Chair Yoga	11 10:00am Bodies in Motion 1:15pm Sweatin' to the Oldies	12 10:00am Sticks & Kicks	13 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind & Body	14 10:00am Happy Feet 11:30am Country Hoedown <i>Sponsored by Bratton Law & Autumn Lakes</i>	15 10:00am Sticks & Kicks 12:15pm Big Bingo <i>Sponsored by Aleph Home Care SNJ</i>	16 10:30am Sing & Sculpt	
17 10:30am Chair Yoga	18 10:00am Bodies in Motion 1:15pm Chair Yoga	19 All Day No Fare Free Shuttle 10:00am Sticks & Kicks	20 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Seated Volleyball	21 10:00am Happy Feet 11:30am Lunch & Learn <i>Shore Physicians Group</i> 1:00pm Karaoke	22 10:00am Sticks & Kicks 12:15pm Big Bingo	23 10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!
24 10:30am Chair Yoga	25 10:00am Bodies in Motion 1:00pm Movie Monday <i>E.T.</i>	26 10:00am Sticks & Kicks	27 10:00am Hustle for the Muscle 1:15pm Matter of Balance <i>Cape May County Department of Health</i>	28 10:00am Happy Feet 11:30am August Birthday Celebration	29 10:00am Sticks & Kicks 12:15pm Big Bingo	30 10:30am Sing & Sculpt	
31 10:30am Chair Yoga							

Subject to change



Senior Center Lunch Menu August 2025



SUN	MON	TUE	WED	THU	FRI	SAT
					¹ Hot Turkey Mashed Potatoes Mixed Vegetables	² Ham & Cheese Sandwiches Potato Chips
³ Scrambled Eggs Hash Brown Sausage	⁴ Chicken Pot Pie Salad	⁵ Tacos Spanish Rice	⁶ Lasagna Salad	⁷ Meatloaf Mashed Potatoes Mixed Vegetables	⁸ Chicken Salad Platter	⁹ Egg Salad on Croissant
¹⁰ French Toast Hash Brown Bacon	¹¹ Grilled Cheese Potato Salad	¹² Chili Macaroni & Cheese	¹³ Chicken Caesar Salad	¹⁴ BBQ Chicken Macaroni & Cheese	¹⁵ Fish & Chips Coleslaw	¹⁶ Pizza Salad
¹⁷ Waffles Hash Brown Pork Roll	¹⁸ Chicken Parmesan Sandwiches Salad	¹⁹ Sloppy Joes Tater Tots	²⁰ Chicken Fingers French Fries	²¹ Beef Stew Rice	²² Cheeseburgers Potato Chips	²³ Pork Roll & Cheese Sandwiches Potato Chips
²⁴ Scrambled Eggs Hash Brown Bacon	²⁵ Raviolis Meatballs	²⁶ Sausage & Peppers Rice	²⁷ Chicken Salad Platter	²⁸ Roasted Pork Sauerkraut Roasted Potatoes	²⁹ Baked Fish Lobster Sauce Coleslaw	³⁰ Hot Dogs Sauerkraut Baked Beans
³¹ Pancakes Hash Brown Sausage						

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