



SENIOR CENTER NEWS

VOLUME 16 - AUGUST 2025



Our Daily Schedule

9:00am-10:00am

Coffee & Morning Snack

10:00am-11:00pm

Morning Exercise

10:00am-11:15am

Cards & Games

11:30am-12:30pm

Lunch

12:30pm-2:00pm

Bingo

12:30pm-4:00pm

Games & Cards

12:30pm

Afternoon Snack

4:00pm

Close



Celebrating the 4th of July!

Last month, we celebrated the birth of our nation with a perfectly patriotic 4th of July BBQ! In addition to inspirational music and trivia, we honored our Veterans. Thank you to Diane Cherry from Right At Home for setting up an epic photo booth!

We have a few special shout outs this month! The Ocean City Police Department led a great Lunch & Learn on Senior Scams. The Shores at Wesley Manor provided our Seniors with Memory Screenings. Hillary Spear helped us feel inspired by leading an Arts & Crafts Workshop.

Special Thanks to July's Big Bingo Sponsors!

Bratton Law - Autumn Lakes - Brandall Estates

Sweatin' to the Oldies

Monday, August 11th

1:15pm-2:00pm

Get on your feet and “burn, baby burn” some calories with our friend Lisa! She’ll be leading this energizing exercise class, our own Richard Simmons!



Country Hoedown

Thursday, August 14th

11:30am-1:00pm

Join us for a boot scootin' country hoedown! We'll chow down on a Southern-inspired lunch, then square dance the day away with our friends Linda & Ollie!



Matter of Balance

Wednesday, August 27th

1:15pm-2:00pm

Our friends from the Cape May County Department of Health will be leading an eight-week workshop on improving balance, preventing falls, and getting active!



Connect with us!

To sign up for any of our lunches or activities, or to get more information, reach out to our team!



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