



Senior Center Activities Calendar August 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
						1 10:30am Power Up	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong Scrabble OC Mobile Library Every Wednesday 1:00pm - 2:00pm Phillies Fridays Wear your Phillies gear!
2 10:30am Chair Yoga	3 10:00am Tone Zone 1:30pm Chair Yoga	4 10:00am Power Up!	5 10:00am Drum Fit 1:15pm Mind & Body	6 10:00am Zumba Gold	7 10:00am Drum Fit 12:15pm Big Bingo	8 10:30am Power Up	
9 10:30am Chair Yoga	10 10:00am Tone Zone 1:30pm Chair Yoga	11 10:00am Power Up! 1:15pm Sweatin' to the Oldies	12 10:00am Drum Fit 12:30pm Chair Volleyball	13 10:00am Zumba Gold 11:30am Lunch & Learn <i>Presented by Shore Physicians Group</i>	14 10:00am Drum Fit 12:15pm Big Bingo <i>Sponsored by Autumn Lakes</i>	15 10:30am Power Up	
16 10:30am Chair Yoga	17 10:00am Tone Zone 1:30pm Chair Yoga	18 10:00am Power Up! 1:00pm Arts & Crafts 1:00pm Book Club <i>OC Public Library Room # 111</i>	19 10:00am Drum Fit 1:30pm Chair Yoga	20 10:00am Zumba Gold 11:30am Summer Luau	21 10:00am Drum Fit 12:15pm Big Bingo	22 10:30am Power Up	To register for any of our programs, please call (609) 399-0055!
23 10:30am Chair Yoga	24 10:00am Tone Zone 1:30pm Chair Yoga	25 10:00am Power Up! 1:15pm Line Dance	26 10:00am Drum Fit 12:30pm Chair Volleyball	27 10:00am Zumba Gold 11:30am August Birthday Celebration 1:00pm Karaoke	28 10:00am Drum Fit 12:15pm Big Bingo <i>Sponsored by Visiting Angels</i>	29 10:30am Power Up	
30 10:30am Chair Yoga	31 10:00am Tone Zone 1:30pm Chair Yoga 1:00pm Movie Monday <i>Grease</i>						

Subject to change





Senior Center Lunch Menu August 2026



SUN	MON	TUE	WED	THU	FRI	SAT
						¹ Pork Roll Sandwich Potato Chips Applesauce
² Waffles Hash Brown Fruit Cup	³ Homemade Pizza Salad	⁴ Tacos Spanish Rice	⁵ Sausage, Peppers, and Onions over Rice	⁶ Vegetable Lasagna Salad Garlic Bread	⁷ Chicken Caesar Salad Dinner Roll	⁸ Ham & Cheese Sandwich Potato Chips Salad
⁹ Cream Chipped Beef over Toast Hash Brown	¹⁰ Grilled Cheese Tomato Soup	¹¹ Cheeseburger French Fries	¹² Ziti Alfredo Primavera	¹³ Chicken Tenders French Fries Applesauce	¹⁴ Hot Dog Sauerkraut Baked Beans	¹⁵ Turkey & Cheese Sandwich Potato Chips Applesauce
¹⁶ Pancakes Hash Brown Sausage Fruit Cup	¹⁷ Meatball Subs Salad	¹⁸ Homemade Chili Macaroni & Cheese	¹⁹ Roasted Pork Roasted Potatoes Vegetable of the Day	²⁰ Baked Ham with Pineapple Sweet Potato Vegetable of the Day	²¹ Stuffed Shells with Meatballs Garlic Bread	²² Roast Beef Sandwich Potato Chips Salad
²³ Scrambled Eggs Hash Brown Bacon	²⁴ Chicken Pot Pie Salad	²⁵ Egg Salad over Spring Mix	²⁶ BBQ Chicken Macaroni & Cheese	²⁷ Meatloaf Mashed Potatoes Vegetable of the Day	²⁸ Pasta with Meat Sauce Garlic Bread	²⁹ Fried Flounder Sandwich French Fries
³⁰ French Toast Hash Brown Sausage	³¹ Chicken Patty Sandwich					

Subject to change

