



# Senior Center Activities Calendar February 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
1  <b>10:30am</b> Chair Yoga	2  <b>10:00am</b> Drum Fit  <b>12:15pm</b> Scrabble Tournament  <b>1:30pm</b> Chair Yoga	3  <b>10:00am</b> Power Up!	4  <b>10:00am</b> Hustle for the Muscle  <b>12:15pm</b> Scrabble Tournament  <b>1:00pm</b> Chair Volleyball	5  <b>10:00am</b> Sticks & Kicks  <b>1:00pm</b> Arts & Crafts <i>Heart Decorations</i>	6  <b>10:00am</b> Tone Zone  <b>11:30am</b> Big Bingo <i>Sponsored by Home Watch Caregivers</i>	7  <b>10:30am</b> Sing & Sculpt	<b>9:00am</b> Coffee & Chat  <b>11:30am</b> Lunch  <b>12:15pm</b> Bingo  <b>All Day</b> Cards & Games Chess Mahjong
8  <b>10:30am</b> Chair Yoga	9  <b>10:00am</b> Drum Fit  <b>12:15pm</b> Scrabble Tournament  <b>1:30pm</b> Chair Yoga	10  <b>10:00am</b> Power Up!  <b>1:15pm</b> Sweatin' to the Oldies	11  <b>10:00am</b> Hustle for the Muscle  <b>12:15pm</b> Scrabble Tournament  <b>1:15pm</b> Mind & Body	12  <b>10:00am</b> Sticks & Kicks  <b>11:30am</b> Lunch & Learn <i>Presented by Shore Physicians Group</i>	13  <b>10:00am</b> Tone Zone  <b>11:30am</b> Valentine's Day Celebration  <b>12:15pm</b> Big Bingo	14  <b>10:30am</b> Sing & Sculpt	
15  <b>10:30am</b> Chair Yoga	16  <b>10:00am</b> Drum Fit  <b>12:15pm</b> Scrabble Tournament  <b>1:30pm</b> Chair Yoga	17  <b>10:00am</b> Power Up!  <b>11:30am</b> Lunch & Learn <i>Presented by Ivy Rehab</i>	18  <b>10:00am</b> Hustle for the Muscle  <b>12:30pm</b> Scrabble Tournament  <b>12:30pm</b> Chair Volleyball	19  <b>10:00am</b> Sticks & Kicks  <b>1:15pm</b> Medication Safety <i>Presented by OC Health Advisory Council</i>	20  <b>10:00am</b> Tone Zone  <b>11:30am</b> Tell Your Story  <b>12:15pm</b> Big Bingo	21  <b>10:30am</b> Sing & Sculpt	<b>To register for any of our programs, please call (609) 399-0055!</b>
22  <b>10:30am</b> Chair Yoga	23  <b>10:00am</b> Drum Fit  <b>1:00pm</b> Movie Monday <i>Sleepless in Seattle</i>  <b>1:30pm</b> Chair Yoga	24  <b>10:00am</b> Power Up!  <b>1:15pm</b> Line Dance	25  <b>10:00am</b> Hustle for the Muscle  <b>12:30pm</b> Scrabble Tournament  <b>1:15pm</b> Balance & Mobility	26  <b>10:00am</b> Sticks & Kicks  <b>11:30am</b> February Birthday Celebration  <b>1:15pm</b> Karaoke	27  <b>10:00am</b> Tone Zone  <b>12:15pm</b> Big Bingo <i>Sponsored by Aleph Home Care South Jersey</i>	28  <b>10:30am</b> Sing & Sculpt	

\*Subject to change\*



# Senior Center Lunch Menu February 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 Pancakes Hash Brown Bacon	2 Homemade Pizza Caesar Salad	3 Cheeseburger Tater Tots	4 Lasagna Garlic Bread	5 Chicken Caesar Salad Dinner Roll	6 Baked Fish w/ Lobster Sauce Potato Chips Cole Slaw	7 Chicken Pot Pie Salad
8 Waffles Hash Brown Sausage	9 Grilled Cheese Tomato Soup	10 Tacos Spanish Rice	11 Stuffed Shells Garlic Bread	12 Sausage & Peppers Spanish Rice	13 Pasta w/ Meat Sauce Garlic Bread	14 Ham & Cheese Sandwich Potato Chips Macaroni Salad
15 Scrambled Eggs Hash Brown Sausage Links	16 Chicken Pot Pie Salad	17 Hot Dog Sauerkraut Baked Beans	18 Sausage & Peppers Spanish Rice	19 Lasagna Garlic Bread Salad	20 Baked Fish w/ Lobster Sauce Potato Chips Cole Slaw	21 Turkey & Cheese Sandwich Potato Chips Cole Slaw
22 French Toast Sticks Hash Brown Bacon	23 Grilled Cheese Tomato Soup	24 Egg Salad over Spring Mix Roll	25 Pork Roll & Cheese Tater Tots Applesauce	26 Meatloaf Mashed Potatoes & Gravy Mixed Vegetables	27 Baked Fish w/ Lobster Sauce French Fries Cole Slaw	28 Chicken Sandwich Potato Chips Macaroni Salad

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