



# Senior Center Activities Calendar February 2026



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

To register for  
any of our  
programs,  
please call  
(609) 399-0055!

\*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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