

Senior Center Activities Calendar Ocean July 2025





SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
		1 10:00am Sticks & Kicks 11:30am Lunch & Learn Home Watch Caregivers 1:00pm Seated Net Volleyball	10:00am Hustle for the Muscle 12:15pm Scrabble Tournament	Happy Feet 4th of July Celebration	CLOSED HAPPY 4 TH OF JULY	5 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch
6 10:30am Chair Yoga	7 10:00am Bodies in Motion 1:15pm Chair Yoga w/Gina	8 10:00am Sticks & Kicks 11:30apm Lunch & Learn Jag PTl	9 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament	10:00am Happy Feet	11 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo "Sponsored by" Life Force	10:30am Sing & Sculpt	12:15pm Bingo 1:00pm Afternoon Snack
10:30am Chair Yoga	14 10:00am Bodies in Motion 1:00pm Bunco	15 10:00am Sticks & Kicks 11:30pm Lunch & Learn OCPD Scams 4 Seniors 1:00pm Seated Volleyball	16 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind/Body	17 10:00am Happy Feet 11:30 Lunch & Learn Shore Medical Center 1:00pm Art Class	10:00am Sticks & Kicks 12:15pm Big Bingo "Sponsored by" Bratton Law	10:30am Sing & Sculpt	All Day Cards & Games Chess Mahjong Phillies Phanatic Phridays!
10:30am Chair Yoga	10:00am Bodies in Motion 1:15pm Chair Yoga	9:00am - 11:00am Memory Screening 10:00am Sticks & Kicks	23 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Workshop Wine to Water Filter Assembly Event	10:00am Happy Feet 1:00pm Karaoke	25 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo "Sponsored by" Brandall Estates	10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!
27 10:30am Chair Yoga	10:00am Bodies in Motion 1:00PM Movie Monday Jaws	10:00am Sticks & Kicks	10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind & Body w/ Gina	10:00am Happy Feet 11:30sm July Birthday Party			* * * * * * * * * * * * * * * * * * *



Senior Center Lunch Menu July 2025





MON	TUE	WED	THU	FRI	SAT
	1 Ravioli Meatballs Salad	Egg Salad Platter w/ Spring Mix Tomato and Onion	3 Hot Dogs Sauer kraut Baked Beans	CLOSED HAPPY 4 TH OF JULY	5 Chicken Parm Sandwich Chips Cucumber Salad
7 Chicken Pot Pie Salad	8 Sloppy Joes Potato Salad Broccoli	9 Beef Stew Over Rice	Sausage with Pepper & Onions over Pasta	Stuffed Shells Meatballs Salad	Turkey & Cheese Sandwich Chips
14 Grilled Cheese Chips Apple Sauce	15 Tacos Over Rice Lettuce & Tomato	Chicken Caesar Salad	17 Meatloaf Mashed Potato Veggies	18 Fish & Chips Cole Slaw Corn	19 Pizza Salad
Hot Dogs Sauerkraut Baked Beans	Chicken Fingers French Fries Cole Slaw	Cheeseburgers Lettuce & Tomato Chips & Cole Slaw	Roast Pork Mashed Potatoes Peas	Baked Fish w/Lobster Sauce Roasted Potatoes Cole Slaw	Egg Salad Sandwich Chips Potato Salad
Meatball Sub Salad	Lasagna Salad	Chili Mac N Cheese Veggies	BBQ Chicken Roasted Potatoes Green Beans		
	7 Chicken Pot Pie Salad 14 Grilled Cheese Chips Apple Sauce 21 Hot Dogs Sauerkraut Baked Beans 28 Meatball Sub	Thicken Pot Pie Salad Thicken Pot Pie Salad Thicken Pot Pie Salad Thicken Pot Pie Salad Sloppy Joes Potato Salad Broccoli Thicken Fot Pie Salad Thicken Salad Thicken Fingers Thicken Fin	1 Ravioli Meatballs Salad Platter w/ Spring Mix Tomato and Onion 7 Chicken Pot Pie Salad Broccoli 14 Grilled Cheese Chips Apple Sauce 2 Egg Salad Platter w/ Spring Mix Tomato and Onion 9 Beef Stew Over Rice Chips Chips Chicken Finger Salad 16 Chicken Caesar Salad Chicken Caesar Salad 21 Losagna Chips & Cole Slaw 28 Lasagna Salad 29 Salad 10 Chili Mac N Cheese	1 Ravioli Meatballs Salad 7 Chicken Pot Pie Salad 8 Sloppy Joes Potato Salad Broccoli 14 Grilled Cheese Chips Apple Sauce 15 Tacos Over Rice Lettuce & Tomato 2 Egg Salad Platter w/ Spring Mix Tomato and Onion 9 Beef Stew Over Rice Chicken Potato Salad Broccoli 16 Chicken Caesar Salad 17 Meatloaf Mashed Potato Veggies 18 Cheeseburgers Lettuce & Tomato Chips & Cole Slaw 19 Chicken Caesar Salad 10 Sausage with Pepper & Onions over Pasta 11 Tomato Chicken Caesar Salad 12 Egg Salad Platter w/ Spring Mix Tomato and Onion Sausage with Pepper & Onions over Pasta 14 Chicken Caesar Salad 15 Tacos Over Rice Lettuce & Tomato Chips & Cole Slaw 16 Chicken Caesar Salad 17 Meatloaf Mashed Potato Veggies 28 Chicken Fingers French Fries Cole Slaw 29 Sauerkraut Baked Beans 29 Chicken Fingers Lettuce & Tomato Chips & Cole Slaw 19 BBQ Chicken Roasted Potatoes 28 Peas	1 Ravioli Meatballs Salad Platter W/Spring Mix Tomato and Onion Platter Salad Platter W/Spring Mix Tomato and Onion Platter W/Spring Mix Tomato Chicken Pepper & Onions Over Rice Chips Meatballs Salad Platter W/Spring Mix Tomato Chicken Caesar Salad Platter W/Spring Meatloaf Caesar Caesar Salad Platter W/Spring Meatloaf Caesar Salad Platter W/Spring Meatloaf Caesar Salad Platter W/Spring Meatloaf Caesar Salad Platter W/Spring Mix Tomato Chicken Salad Platter W/Spring Mix Tomato Chicken Mashed Platter W/Spring Mix Tomato Chicken Ma