



Senior Center Activities Calendar 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	2 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament	3 10:00am Happy Feet 4th of July Celebration	4 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 11:30am Lunch & Learn Jag PTL	9 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament	10 10:00am Happy Feet	11 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo "Sponsored by" Life Force	12 10:30am Sing & Sculpt	12:15pm Bingo 1:00pm Afternoon Snack
13 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	18 10:00am Sticks & Kicks 12:15pm Big Bingo "Sponsored by" Bratton Law	19 10:30am Sing & Sculpt	All Day Cards & Games Chess Mahjong Phillies Phanatic Phridays!
20 10:30am Chair Yoga	21 10:00am Bodies in Motion 1:15pm Chair Yoga	22 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	24 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	26 10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!
27 10:30am Chair Yoga	28 10:00am Bodies in Motion 1:00PM Movie Monday Jaws	29 10:00am Sticks & Kicks	30 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind & Body w/ Gina	31 10:00am Happy Feet 11:30sm July Birthday Party			



Senior Center Lunch Menu July 2025



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Ravioli Meatballs Salad	2 Egg Salad Platter w/ Spring Mix Tomato and Onion	3 Hot Dogs Sauerkraut Baked Beans	4 CLOSED HAPPY 4TH OF JULY	5 Chicken Parm Sandwich Chips Cucumber Salad
6 Scrambled Eggs Hash Brown Sausage	7 Chicken Pot Pie Salad	8 Sloppy Joes Potato Salad Broccoli	9 Beef Stew Over Rice	10 Sausage with Pepper & Onions over Pasta	11 Stuffed Shells Meatballs Salad	12 Turkey & Cheese Sandwich Chips
13 French Toast Hash Brown Bacon	14 Grilled Cheese Chips Apple Sauce	15 Tacos Over Rice Lettuce & Tomato	16 Chicken Caesar Salad	17 Meatloaf Mashed Potato Veggies	18 Fish & Chips Cole Slaw Corn	19 Pizza Salad
20 Scrambled Eggs Hash Brown Sausage	21 Hot Dogs Sauerkraut Baked Beans	22 Chicken Fingers French Fries Cole Slaw	23 Cheeseburgers Lettuce & Tomato Chips & Cole Slaw	24 Roast Pork Mashed Potatoes Peas	25 Baked Fish w/Lobster Sauce Roasted Potatoes Cole Slaw	26 Egg Salad Sandwich Chips Potato Salad
27 Pancakes Hash Brown Sausage	28 Meatball Sub Salad	29 Lasagna Salad	30 Chili Mac N Cheese Veggies	31 BBQ Chicken Roasted Potatoes Green Beans		