



Senior Center Activities Calendar June 2025



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
1 10:30am Chair Yoga	2 10:00am Bodies in Motion 1PM Bunco	3 10:00am Drum Fit 11:30am Lunch & Learn Beach Safety/Dr MQuarry 1:15pm Chair Yoga	4 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament	5 10:00am Happy Feet 12pm- 2Ppm Courtyard	6 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo	7 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch
8 10:30am Chair Yoga	9 10:00am Bodies in Motion	10 10:00am Drum Fit 1pm Seated Net Volleyball	11 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind/Body	12 10:00am Happy Feet 11:30pm Summer Fashion Show 12pm - 2pm Courtyard	13 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo	14 10:30am Sing & Sculpt	12:15pm Bingo 1pm Afternoon Snack
15 10:30am Chair Yoga	16 10:00am Bodies in Motion	17 10:00am Drum Fit 1:15pm Line Dance	18 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Bone Health OC Advisory Dr Waldren	19 10:00am Happy Feet 11:30 Lunch & Learn Sleeping for Health Shore Medical Center 12PM- 2PM Courtyard	20 10:00am Sticks & Kicks 11AM Kick Off Summer Party The Shores@ Wesley	21 10:30am Sing & Sculpt	All Day Cards & Games Chess Mahjong Phillies Phanatic Phridays!
22 10:30am Chair Yoga	23 10:00am Bodies in Motion 1:15pm Sweatin to the Oldies	24 10:00am Drum Fit 1pm Art Class Red Oak Hospice	25 10:00am Hustle for the Muscle 11:30 Lunch & Learn Ocean City Fire Dept 12:15pm Scrabble Tournament 1:15pm Mind/Body	26 10:00am Happy Feet 11pm Summer Birthday Party 12pm- 2pm Courtyard 1pm Karaoke	27 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo Visiting Angels	28 10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!
29 10:30am Chair Yoga	30 10:00am Bodies in Motion 1PM Movie Monday "My Best Friends Wedding"						



Senior Center Lunch Menu June 2025



SUN	MON	TUE	WED	THU	FRI	SAT
1 Pancakes Sausage	2 Chicken Pot Pie Salad	3 Sloppy Joes Potato Salad	4 Ravioli Meat balls Salad	5 Meatloaf Mashed Potatoes Veggies	6 Fish & Chips Cole Slaw	7 Chicken Parm Sandwich Chips
8 French Toast Bacon	9 Grilled Cheese Chips Apple Sauce	10 Chicken Fingers French Fries Cole Slaw	11 Cheeseburgers Chips Pasta Salad	12 Beef Stew Over Rice	13 Stuffed Shells Meatball Salad	14 Turkey & Cheese Sandwich Chips
15 Scrambled Eggs Sausage Hash Brown	16 Hot Dogs Sauerkraut Baked Beans	17 Tacos Spanish Rice Lettuce & Tomato	18 Chicken Caesar Salad	19 Sausage & Peppers Herb Rice	20 BBQ Chicken Mac N Cheese Stewed Tomatoes	21 Pizza Salad
22 Waffles Pork Roll	23 Chicken Salad Platter w/ Pita Lettuce & Tomato	24 Lasagna Salad	25 Chili Mac N Cheese	26 Roast Pork Mashed Potatoes Sauerkraut	27 Baked Fish w/Lobster Sauce Roast Potatoes Cole Sauce	28 Egg Salad Croissant
29 Pancakes Sausage	30 Meatball Sub Salad					

*Lunch Reservations must be made a day
in advance. Please call 609-399-0055
Please leave a message*