



Senior Center Activities Calendar March 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	5 10:00am Sticks & Kicks 1:00pm Arts & Crafts <i>Irish Painting</i>	6 10:00am Tone Zone 11:30am Big Bingo	7 10:30am Sing & Sculpt	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong Phillies Fridays <i>Begin March 27th</i> Wear your Phillies gear or red!
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 12:30pm Seated Volleyball	12 9:00am Immunization Clinic <i>Presented by ACME</i> 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>Presented by Fox Chase Cancer Center</i>	13 10:00am Tone Zone 12:15pm Big Bingo <i>Sponsored by Autumn Lakes</i>	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 St. Patrick's Day Celebration	18 9:00am Memoir Workshop 10:00am Hustle for the Muscle 12:30pm Scrabble Tournament 12:30pm Balance & Mobility	19 10:00am Sticks & Kicks 1:15pm Guided Meditation <i>Presented by OC Health Advisory Council</i>	20 9:00am Memoir Workshop 10:00am Tone Zone	21 10:30am Sing & Sculpt	
22 10:30am Chair Yoga	23 10:00am Drum Fit 1:30pm Chair Yoga	24 10:00am Power Up! 1:15pm Line Dance	25 10:00am Hustle for the Muscle 11:30am Lunch & Learn <i>Meet OCFD Chief Bernie Walker</i> 12:30pm Scrabble Tournament 12:30pm Seated Volleyball	26 All Day Phillies Gear! 10:00am Sticks & Kicks 11:30am March Birthday Celebration 1:00pm Karaoke	27 10:00am Tone Zone 12:15pm Big Bingo	28 10:30am Sing & Sculpt	
29 10:30am Chair Yoga	30 10:00am Drum Fit 1:00pm Movie Monday <i>Philomena</i> 1:30pm Chair Yoga	31 10:00am Power Up!					To register for any of our programs, please call (609) 399-0055!

Subject to change



Senior Center Lunch Menu March 2026



SUN	MON	TUE	WED	THU	FRI	SAT
1 Waffles Hash Brown Bacon Fruit Cup	2 Homemade Pizza Salad	3 Chili Macaroni & Cheese Dinner Roll	4 Egg Salad over Spring Mix	5 Beef Stew with Egg Noodles	6 Baked Fish with Lobster Sauce Roasted Potatoes Cole Slaw	7 Ham & Cheese Sandwich Potato Chips Pickle
8 Pancakes Hash Brown Sausage Fruit Cup	9 Grilled Cheese Tomato Soup	10 Tacos Spanish Rice	11 BBQ Chicken Mashed Potatoes Mixed Vegetables	12 Pasta with Meat Sauce Garlic Bread	13 Battered Fish Shoestring Fries Applesauce	14 Turkey & Cheese Sandwich Potato Chips Pickle
15 Scrambled Eggs Hash Brown Sausage Fruit Cup	16 Homemade Pizza Salad	17 Baked Ham Cabbage Roasted Potatoes	18 Chicken Caesar Salad Dinner Roll	19 Meatloaf Mashed Potatoes Mixed Vegetables	20 Baked Fish with Lobster Sauce Roasted Potatoes Cole Slaw	21 Chicken Sandwich Potato Chips
22 French Toast Hash Brown Bacon Fruit Cup	23 Chicken Pot Pie Salad	24 Cheeseburger French Fries Cole Slaw	25 Sausage & Peppers Spanish Rice	26 Hot Dog Sauerkraut Baked Beans	27 Battered Fish Shoestring Fries Applesauce	28 Ham & Cheese Sandwich Potato Chips Pickle
29 Cream Chipped Beef Toast Fruit Cup	30 Grilled Cheese Tomato Soup	31 Stuffed Shells Meatballs Garlic Bread				

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