



# SENIOR CENTER NEWS

VOLUME 4 – MAY 2024



## Our Daily Schedule

**9:00am-10:00am**  
Coffee & Morning Snack

**10:00am-11:00pm**  
Morning Exercise

**11:30am-12:30pm**  
Lunch

**12:30pm-2:00pm**  
Bingo

**12:30pm-4:00pm**  
Games & Cards

**2:00pm**  
Afternoon Snack

**2:00pm-3:00pm**  
Afternoon Exercise

**4:00pm**  
Close



## A Most Regal Afternoon

To welcome spring, we hosted High Tea at the end of April. It was a splendid afternoon, featuring an array of herbal teas and pastries, our Seniors in their finest hats and white gloves, and the signature hospitality of the team at The Flanders! Thank you for your generosity and making us feel so special!

We have a few special shout outs this month! Chief of Police, Bill Campbell - thank you for the Q&A session! Diane Cherry of Right at Home provided our staff with adorable aprons and chef hats, and Keith Hickman serenaded us during our Primavera Italiana Celebration. Michelle Mitnick provided complimentary manicures to our ladies (and a few gentleman). Finally, this month's Big Bingo Fridays were sponsored by Fox Rehab Physical Therapy, The Shores at Wesley Manor, and Ridgeway Senior Living. Thank you all!

## Cinco de Mayo Celebration

**Thursday, May 2nd**  
**11:00am-1:00pm**

Join us for a fiesta, featuring Mexican cuisine and music from DJ Bill Lynskey (Shore Entertainment)!



## Community Event Spring Block Party

**Saturday, May 4th**  
**9:00am-5:00pm**

Say hello to spring by browsing over 350 crafters and food vendors, while enjoying live music! Event is located on Asbury Ave. from 5th Street to 14th Street.



## Community Event Senior Jamboree

**Thursday, May 9th**  
**10:00am-2:00pm**

In celebration of Older Americans Month, the Cape May County Division of Aging & Disability Services will host the annual Senior Jamboree. The theme for 2024 is "Take Me Out To The Ballgame". This event will be held at the Avalon Community Center, 30th Street and the Beach in Avalon.



## Lunch & Learn Lessons in Nutrition

**Wednesday, May 22nd**  
**12:00pm-1:00pm**

Join us in welcoming Sue Brown from AtlantiCare LIFE Connection to discuss how we can use nutrition to fuel our bodies and improve our lives!



## Connect with us!

To sign up for any of our lunches or activities, or to get more information, reach out to our team!



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