



Senior Center Activities Calendar May 2025



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
				1 10:00am Tone Zone	2 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Life Force</i>	3 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 1pm Afternoon Snack All Day Cards & Games Chess Mahjong Phillies Phanatic Phridays!
4 Senior Center Closed	5 10:00am Box Office Knockout 1PM Bunco	6 10:00am Drum Fit 11:30 Lunch & Learn AARP	7 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind/Body	8 10:00am Tone Zone 1pm Art Class - Staintons	9 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo	10 10:30am Sing & Sculpt	
11 10:30am Chair Yoga	12 10:00am Box Office Knockout 1:15pm Chair Yoaga	13 9am Art Class Glazed Over 10:00am Drum Fit 11:30 Lunch & Learn Beach Safety/Dr MQuarry	14 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1pm Senior Seated Volleyball	15 10:00am Tone Zone 11:30pm Lunch and Learn Shore Physicians Group Chronic Disease as we age Senior Jamboree Cape May County Division of Aging	16 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo <i>Sponsored by Complete Care</i>	17 10:30am Sing & Sculpt	
18 10:30am Chair Yoga	19 10:00am Box Office Knockout 1:15pm Sweatin to the Oldies	20 10:00am Drum Fit 11:30am Lunch & Learn Angelic health Dementia	21 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1pm Blood Pressure and You OC Health Advisory	22 9am - 11am Skin Cancer Screening Connelly Dermatology 10:00am Tone Zone	23 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo	24 10:30am Sing & Sculpt	
25 10:30am Chair Yoga	26 10:00am Box Office Knockout 1PM Movie Monday	27 10:00am Drum Fit 1:15pm Line Dancing	28 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Mind/Body	29 10:00am Tone Zone 11:30pm May Birthday Party 1pm Karaoke Sing Along	30 10:00am Sticks & Kicks 11:30am Lunch Time Open Mic 12:15pm Big Bingo Holistic Care	31 10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!



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