



# Senior Center Activities Calendar October 2025



| SUN                                | MON                                                                                                                              | TUE                                                                                                   | WED                                                                                                                                                  | THU                                                                                                                     | FRI                                                                                                                             | SAT                                   | EVERY DAY                                                                                                                                                                                                                                     |
|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                    |                                                                                                                                  |                                                                                                       | 1<br><b>10:00am</b><br>Hustle for the Muscle<br><b>12:15pm</b><br>Scrabble Tournament                                                                | 2<br><b>10:00am</b><br>Sticks & Kicks<br><b>1:00pm</b><br>Arts & Crafts<br><i>Fall Painting</i>                         | 3<br><b>10:00am</b><br>Bodies in Motion<br><b>12:15pm</b><br>Big Bingo<br><i>Sponsored by Holisticare</i>                       | 4<br><b>10:30am</b><br>Sing & Sculpt  | <b>9:00am</b><br>Coffee & Chat<br><br><b>11:30am</b><br>Lunch<br><br><b>12:15pm</b><br>Bingo<br><br><b>1:00pm</b><br>Afternoon Snack<br><br><b>All Day</b><br>Cards & Games<br>Chess<br>Mahjong<br><br><b>Phillies Phanatic<br/>Phridays!</b> |
| 5<br><b>10:30am</b><br>Chair Yoga  | 6<br><b>10:00am</b><br>Drum Fit<br><b>12:15pm</b><br>Scrabble Tournament<br><b>1:15pm</b><br>Chair Yoga                          | 7<br><b>10:00am</b><br>Power Up!                                                                      | 8<br><b>10:00am</b><br>Hustle for the Muscle<br><b>11:30am</b><br>Lunch & Learn<br><i>Ivy Rehab Physical Therapy</i><br><b>1:15pm</b><br>Mind & Body | 9<br><b>10:00am</b><br>Sticks & Kicks                                                                                   | 10<br><b>10:00am</b><br>Bodies in Motion<br><b>12:15pm</b><br>Big Bingo<br><i>Sponsored by Brandell<br/>Estates</i>             | 11<br><b>10:30am</b><br>Sing & Sculpt |                                                                                                                                                                                                                                               |
| 12<br><b>10:30am</b><br>Chair Yoga | 13<br><b>10:00am</b><br>Drum Fit<br><b>12:15pm</b><br>Scrabble Tournament                                                        | 14<br><b>10:00am</b><br>Power Up!<br><b>2:00pm</b><br>Mahjong Tournament                              | 15<br><b>10:00am</b><br>Hustle for the Muscle<br><b>12:15pm</b><br>Scrabble Tournament<br><b>1:00pm</b><br>Seated Volleyball                         | 16<br><b>10:00am</b><br><b>2<sup>nd</sup> Annual</b><br>Senior Health Expo                                              | 17<br><b>10:00am</b><br>Bodies in Motion<br><b>12:15pm</b><br>Big Bingo<br><i>Sponsored by Aleph<br/>Home Care South Jersey</i> | 18<br><b>10:30am</b><br>Sing & Sculpt |                                                                                                                                                                                                                                               |
| 19<br><b>10:30am</b><br>Chair Yoga | 20<br><b>10:00am</b><br>Drum Fit<br><b>12:15pm</b><br>Scrabble Tournament<br><b>1:15pm</b><br>Sweatin' to the Oldies             | 21<br><b>9:00am</b><br>Immunization Clinic<br><i>Presented by ACME</i><br><b>10:00am</b><br>Power Up! | 22<br><b>10:00am</b><br>Hustle for the Muscle<br><b>12:15pm</b><br>Scrabble Tournament<br><b>1:15pm</b><br>Mind & Body                               | 23<br><b>10:00am</b><br>Sticks & Kicks<br><b>11:30am</b><br>October Birthday<br>Celebration<br><b>1:00pm</b><br>Karaoke | 24<br><b>10:00am</b><br>Bodies in Motion<br><b>12:15pm</b><br>Big Bingo<br><i>Sponsored by The Shores<br/>at Wesley Manor</i>   | 25<br><b>10:30am</b><br>Sing & Sculpt | <b>To register for<br/>any of our<br/>programs,<br/>please call<br/>(609) 399-0055!</b>                                                                                                                                                       |
| 26<br><b>10:30am</b><br>Chair Yoga | 27<br><b>10:00am</b><br>Drum Fit<br><b>12:15pm</b><br>Scrabble Tournament<br><b>1:15pm</b><br>Movie Monday<br><i>Hocus Pocus</i> | 28<br><b>10:00am</b><br>Power Up!<br><b>1:15pm</b><br>Line Dancing                                    | 29<br><b>10:00am</b><br>Hustle for the Muscle<br><b>1:00pm</b><br>Seated Volleyball                                                                  | 30<br><b>10:00am</b><br>Sticks & Kicks<br><b>11:00am</b><br>Halloween Party                                             | 31<br><b>10:00am</b><br>Bodies in Motion<br><b>12:15pm</b><br>Big Bingo                                                         |                                       |                                                                                                                                                                                                                                               |

\*Subject to change\*



# Senior Center Lunch Menu October 2025



| SUN                                           | MON                                              | TUE                                                   | WED                                                    | THU                                                     | FRI                                              | SAT                                                            |
|-----------------------------------------------|--------------------------------------------------|-------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------------|--------------------------------------------------|----------------------------------------------------------------|
|                                               |                                                  |                                                       | 1<br>Manicotti with Meatballs<br>Garlic Bread<br>Salad | 2<br>Cheeseburger<br>Potato Chips<br>Applesauce         | 3<br>Fish & Chips<br>Cole Slaw                   | 4<br>Gnocchi with Meat Sauce<br>Garlic Bread                   |
| 5<br>Cream Chipped Beef<br>Toast<br>Fruit Cup | 6<br>Chicken Pot Pie<br>Salad                    | 7<br>Soft Shell Tacos<br>Spanish Rice                 | 8<br>Lasagna<br>Salad<br>Rolls                         | 9<br>BBQ Chicken<br>Mashed Potatoes<br>Mixed Vegetables | 10<br>Baked Fish with Lobster Sauce<br>Cole Slaw | 11<br>Ham & Cheese Sandwich<br>Potato Chips<br>Potato Salad    |
| 12<br>French Toast<br>Hash Brown<br>Bacon     | 13<br>Grilled Cheese & Tomato Soup<br>Applesauce | 14<br>Chili with Macaroni & Cheese<br>Rolls           | 15<br>Chicken Caesar Salad<br>Rolls                    | 16<br><b>2<sup>nd</sup> Annual Senior Health Expo</b>   | 17<br>Fish & Chips<br>Cole Slaw                  | 18<br>Turkey & Cheese Sandwich<br>Potato Chips<br>Potato Salad |
| 19<br>Waffles<br>Hash Brown<br>Sausage        | 20<br>Meatball Subs<br>Salad                     | 21<br>Meatloaf<br>Mashed Potatoes<br>Mixed Vegetables | 22<br>Chicken Salad Platter<br>Potato Salad            | 23<br>Roasted Pork<br>Sauerkraut<br>Mashed Potatoes     | 24<br>Baked Fish with Lobster Sauce<br>Cole Slaw | 25<br>Pizza<br>French Fries<br>Applesauce                      |
| 26<br>Scrambled Eggs<br>Hash Brown<br>Bacon   | 27<br>Chicken Parmesan Sandwich<br>Potato Salad  | 28<br>Sausage & Peppers<br>Rice                       | 29<br>Egg Salad Platter<br>Pasta Salad                 | 30<br>Halloweenies<br>Scary Sauerkraut<br>Boo Beans     | 31<br>Beef Stew over Rice<br>Rolls               |                                                                |

**\*Subject to change\***