



Senior Center Activities Calendar October 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
				1 10:00am Sweatin' to the Oldies 11:30am Lunch & Learn Presented by Shore Physicians Group 1:00pm Mahjong	2 10:00am Drum Fit 12:15pm Big Bingo Sponsored by Visiting Angels 1:30pm Chair Stretch	3 10:30am Sing and Sculpt	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Mahjong OC Mobile Library Every Wednesday 1:00pm - 2:00pm Football Fan Fridays Cheer on your team by wearing their gear!
4 10:30am Chair Yoga	5 10:00am Tone Zone 1:30pm Chair Yoga	6 10:00am Power Up! 11:30pm Lunch & Learn Presented by Alpha Home Care	7 10:00am Functional Strength 12:30pm Chair Volleyball	8 10:00am Sweatin' to the Oldies 1:00pm Mahjong	9 10:00am Drum Fit 12:15pm Big Bingo Sponsored by The Shores 1:30pm Chair Stretch	10 10:30am Sing and Sculpt	
11 10:30am Chair Yoga	12 10:00am Tone Zone 1:30pm Chair Yoga	13 9:00am Flu Clinic Sponsored by Acme 10:00am Power Up!	14 10:00am Functional Strength 1:15pm Mind and Body	15 10:00am Sweatin' to the Oldies 1:00pm Mahjong 1:00pm Arts & Crafts	16 10:00am Drum Fit 12:15pm Pokeno Sponsored by Ridgewood Senior Living 1:30pm Chair Stretch	17 10:30am Sing and Sculpt	
18 10:30am Chair Yoga	19 10:00am Tone Zone 1:30pm Chair Yoga	20 10:00am Power Up! 11:30am Lunch & Learn Presented by Jag Physical Therapy 12:30pm Mahjong Tournament	21 10:00am Functional Strength 12:30pm Chair Volleyball 1:00pm Book Club Ocean City Public Library Room 111	22 10:00am Sweatin' to the Oldies 11:30am October Birthday Celebration 1:00pm Mahjong	23 10:00am Drum Fit 12:15pm Big Bingo Sponsored by Brandywine Living 1:30pm Chair Stretch	24 10:30am Sing and Sculpt	
25 10:30am Chair Yoga	26 10:00am Tone Zone 1:00pm Movie Monday Ghostbusters 1:30pm Chair Yoga	27 10:00am Power Up! 1:15pm Line Dance	28 10:00am Abundant Minds 10:00am Functional Strength 1:00pm Medication Safety Presented by Ocean City Health Advisory Council	29 10:00am Sweatin' to the Oldies 1:00pm Mahjong	30 11:00am Halloween Party		

Subject to change



Senior Center Lunch Menu October 2026



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

Reservations are required for Lunch Service and must be made the day prior. | Menu is subject to change.