



Senior Center Activities Calendar September 2025



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
	1 10:00am Drum Fit	2 10:00am Power Up!	3 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Matter of Balance <i>Cape May County Department of Health</i>	4 10:00am Sticks & Kicks 11:30am Eagles Kick-Off Party	5 10:00am Bodies in Motion 12:15pm Big Bingo	6 10:30am Sing & Sculpt	9:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo 1:00pm Afternoon Snack All Day Cards & Games Chess Mahjong Phillies Phanatic Phridays!
7 10:30am Chair Yoga	8 10:00am Drum Fit 12:15pm Scrabble Tournament	9 9:00am-11:00am Flu Shot Clinic <i>Provided by ACME</i> 10:00am Power Up! 1:00pm Cancer Prevention & Screening <i>Fox Chase Cancer Center</i>	10 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:15pm Matter of Balance <i>Cape May County Department of Health</i>	11 10:00am Sticks & Kicks 11:30am 9/11 Memorial Service	12 10:00am Bodies in Motion 12:15pm Big Bingo	13 10:30am Sing & Sculpt	
14 10:30am Chair Yoga	15 10:00am Drum Fit 12:15pm Scrabble Tournament	16 10:00am Power Up!	17 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Matter of Balance <i>Cape May County Department of Health</i>	18 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>American Legion Post #524</i> 1:00pm Art Class <i>Greeting Cards</i>	19 10:00am Bodies in Motion 12:15pm Big Bingo	20 10:30am Sing & Sculpt	
21 All Day <i>"Beautiful: The Carole King Musical"</i> Bus Trip 10:30am Chair Yoga	22 10:00am Drum Fit 12:15pm Scrabble Tournament 1:15pm Sweatin' to the Oldies	23 10:00am Power Up! 10:00am-2:00pm Mammogram Van <i>Provided by AMI</i> 11:30am Lunch & Learn <i>Shore Physicians Group</i>	24 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Seated Volleyball	25 10:00am Sticks & Kicks 11:30am September Birthday Celebration 1:00pm Karaoke	26 10:00am Bodies in Motion 12:15pm Big Bingo <i>Sponsored by NJ Health</i>	27 10:30am Sing & Sculpt	
28 10:30am Chair Yoga	29 10:00am Drum Fit 12:15pm Scrabble Tournament 1:15pm Movie Monday <i>To Sir, With Love</i>	30 10:00am Power Up! 1:15pm Line Dancing					To register for any of our programs, please call (609) 399-0055!

Subject to change



Senior Center Lunch Menu September 2025



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Chicken Pot Pie Salad	2 Tacos Spanish Rice	3 Manicotti & Meatballs Salad	4 Cheeseburger French Fries Applesauce	5 Baked Ham Mashed Potatoes Mixed Vegetables	6 Egg Salad Croissant Apple Sauce
7 Scrambled Eggs Hash Brown Sausage	8 Grilled Cheese Potato Salad	9 Chili Macaroni & Cheese	10 Lasagna Salad	11 BBQ Chicken Macaroni & Cheese Mixed Vegetables	12 Fish & Chips Cole Slaw	13 Pizza Salad
14 French Toast Hash Brown Bacon	15 Chicken Parmesan Sandwich Salad	16 Sloppy Joes Tater Tots	17 Chicken Caesar Salad	18 Beef Stew Rice	19 Meatloaf Mashed Potatoes Mixed Vegetables	20 Hot Dog Baked Beans Sauerkraut
21 Waffles Hash Brown Pork Roll	22 Meatball Subs Salad	23 Sausage & Peppers Rice	24 Chicken Salad Platter	25 Roasted Pork Sauerkraut Roasted Potatoes	26 Baked Fish & Lobster Sauce Cole Slaw	27 Pork Roll & Cheese Sandwich Potato Chips Applesauce
28 Scrambled Eggs Hash Brown Sausage	29 Chicken Sandwich Applesauce Potato Chips	30 Tacos Spanish Rice				

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