



# SENIOR CENTER NEWS

VOLUME 17 - SEPTEMBER 2025



## Our Daily Schedule

**9:00am-10:00am**

Coffee & Morning Snack

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

Morning Exercise

**10:00am-11:15am**

Cards & Games

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

Lunch

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

Bingo

**12:30pm-4:00pm**

Games & Cards

**12:30pm**

Afternoon Snack

**4:00pm**

Close



## Boot Scootin' Boogie

Last month, we dusted off our cowboy boots for our annual Country Hoedown! Thank you to Linda & Ollie for providing live music (sponsored by Brandell Estates & NJ Health), Bratton Law & Autumn Lakes for sponsoring our ice cream truck, and Right at Home for our photo booth!

A special shout out to Hillary Spear for helping us show off our inner artists by leading an Arts & Crafts Workshop.

**Special Thanks to August's Big Bingo Sponsors!**

**Homewatch Care Givers - Aleph Home Care of Southern NJ**

## Matter of Balance

Select Wednesdays  
(September 3<sup>rd</sup>, 10<sup>th</sup>, and 17<sup>th</sup>)  
1:15pm-2:00pm

Our friends from the Cape May County Department of Health will be leading an eight-week workshop on improving balance, preventing falls, and getting active!



## 9/11 Memorial

Thursday, September 11th  
11:30am

Join us for a day of remembrance, with guest speaker Bill "Billio" Olaschinez and music by the OC Pops.



## Greeting Cards

Thursday, September 18th  
1:00pm-2:00pm

Let's get artsy! Our friend Liz Genco will be leading this fun class to help you create some beautiful greeting cards.



## 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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