



Senior Center Activities Calendar September 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
		1 10:00am Power Up! 12:15pm Pinochle Tournament	2 10:00am Drum Fit 12:30pm Chair Volleyball	3 10:00am Zumba Gold	4 10:00am Drum Fit 12:15pm Big Bingo 1:30pm Chair Stretch	5 10:30am Power Up	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong Scrabble
6 10:30am Chair Yoga	7 10:00am Tone Zone 1:30pm Chair Yoga	8 10:00am Power Up! 1:00pm Fall Prevention Workshop <i>Presented by Ukemi Health Partners</i>	9 10:00am Drum Fit 1:15pm Mind & Body	10 10:00am Zumba Gold 1:00pm Arts and Crafts	11 10:00am Drum Fit 12:15pm Pokeno <i>Sponsored by Ridgewood Senior Living</i> 1:30pm Chair Stretch	12 10:30am Power Up	OC Mobile Library Every Wednesday 1:00pm - 2:00pm Football Fridays Wear your Eagles gear!
13 10:30am Chair Yoga	14 10:00am Tone Zone 11:30am Lunch & Learn "Protecting Seniors from Financial Fraud" <i>Presented by Andrew Donohue</i> 1:30pm Chair Yoga	15 10:00am Power Up! 1:15pm Sweatin to The Oldies	16 10:00am Drum Fit 12:30pm Chair Volleyball 12:15PM Book Club Library Rm 111	17 10:00am Zumba Gold 11:30am Hoe Down <i>Live Music by Linda Banks</i>	18 10:00am Drum Fit 12:15pm Big Bingo 1:30pm Chair Stretch	19 10:30am Power Up	
20 10:30am Chair Yoga	21 10:00am Tone Zone 1:30pm Chair Yoga	22 10:00am Power Up! 11:30pm Lunch & Learn <i>Presented by Cooper Outreach</i> 1:00pm Karaoke	23 10:00am Drum Fit 1:00pm Secrets to Better Sleep <i>Presented by OC Health Advisory Council Workshop</i>	24 10:00am Zumba Gold 11:30am September Birthday Celebration	25 10:00am Drum Fit 12:15pm Big Bingo 1:30pm Chair Stretch	26 10:30am Power Up	
27 10:30am Chair Yoga	28 10:00am Tone Zone 1:00pm Movie Monday <i>Good Will Hunting</i> 1:30pm Chair Yoga	29 10:00am Power Up! 1:15pm Line Dance	30 10:00am MCI Workshop <i>Presented by The Shores</i> 10:00am Drum Fit 12:30pm Chair Volleyball				

Subject to change



Senior Center Lunch Menu September 2026



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

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