



Senior Center Activities Calendar July 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
			1 10:00am Drum Fit 12:30pm Chair Volleyball	2 10:00am Zumba Gold 11:30am 4th of July BBQ	3 10:00am Drum Fit 12:15pm Big Bingo	4 CLOSED HAPPY 4TH OF JULY	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong OC Mobile Library Every Wednesday 1:00pm - 2:00pm Phillies Fridays Wear your Phillies gear!
5 10:30am Chair Yoga	6 10:00am Tone Zone 1:30pm Chair Yoga	7 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes 1:30pm Mahjong Tournament	8 10:00am Drum Fit 1:15pm Mind & Body	9 10:00am Zumba Gold 11:30pm Lunch & Learn <i>Presented by Dr. GrimmER Lessons</i> 1:15pm Mind & Body	10 10:00am Drum Fit 12:15pm Big Bingo <i>Sponsored by Journey Hospice</i>	11 10:30am Power Up	
12 10:30am Chair Yoga	13 10:00am Tone Zone 1:30pm Chair Yoga	14 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes 1:00pm Sweatin' to the Oldies	15 10:00am Drum Fit 12:30pm Chair Volleyball	16 10:00am Zumba Gold 1:00pm Art Class	17 10:00am Drum Fit 12:15pm Big Bingo	18 10:30am Power Up	
19 10:30am Chair Yoga	20 10:00am Tone Zone 1:30pm Chair Yoga	21 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes	22 10:00am Drum Fit 1:00pm Book Club <i>OC Public Library Room #111</i>	23 10:00am Zumba Gold 11:30am Lunch & Learn <i>Presented by Heartland Hospice Volunteer Opportunities</i>	24 10:00am Drum Fit 12:15pm Pokeno <i>Ridgewood Senior Living</i>	25 10:30am Power Up	
26 10:30am Chair Yoga	27 10:00am Tone Zone 1:00pm Movie Monday <i>Top Gun</i> 1:30pm Chair Yoga	28 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes 1:15pm Line Dance	29 10:00am Drum Fit 12:30pm Chair Volleyball	30 10:00am Zumba Gold 11:30am July Birthday Celebration 1:00pm Karaoke	31 10:00am Drum Fit 12:15pm Big Bingo		

Subject to change

To register for
any of our
programs,
please call
(609) 399-0055!



Senior Center Lunch Menu July 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Chicken Sandwich Tater Tots Cole Slaw	2 BBQ Chicken Macaroni & Cheese Stewed Tomatoes Watermelon	3 Fried Flounder Cole Slaw Potato Chips	4 CLOSED HAPPY 4TH OF JULY
5 Cream Chipped Beef over White Toast Hash Brown Fruit Cup	6 Homemade Pizza Salad	7 Cheeseburger French Fries	8 Chicken Caesar Salad Dinner Roll	9 Roasted Pork with Gravy Roasted Potatoes Mixed Vegetables	10 Sloppy Joes Tater Tots Applesauce	11 Chicken Parm Sandwich French Fries
12 Waffles Hash Brown Bacon Fruit Cup	13 Grilled Cheese Tomato Soup Potato Chips	14 Tacos Salsa Spanish Rice	15 Chicken Salad over Spring Mix Dinner Roll	16 Meatloaf Gravy Mashed Potatoes Mixed Vegetables	17 Hot Turkey Sweet Potatoes Mixed Vegetables	18 Turkey & Cheese Sandwich Potato Chips Pickle
19 Pancakes Hash Brown Sausage Fruit Cup	20 Chicken Pot Pie Salad	21 Manicotti w/ Meatballs Side Salad	22 Sausage, Peppers, Onion over Rice Dinner Roll	23 Baked Ham Mashed Potatoes Mixed Vegetables	24 Stuffed Shells Meatballs Salad	25 Ham & Cheese Sandwich Potato Chips Pickle
26 Scrambled Eggs Hash Browns Sausage Fruit Cup	27 Meatball Sub Salad Potato Chips	28 Egg Salad over Spring Mix Dinner Roll	29 Pasta with Meat Sauce Garlic Bread	30 Hot Dogs Sauerkraut Baked Beans	31 Chicken Tenders French Fries Applesauce	

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