



Senior Center Activities Calendar May 2026



SUN	MON	TUE	WED	THU	FRI	SAT	EVERY DAY
					1 10:00am Tone Zone 12:15pm Big Bingo	2 10:30am Sing & Sculpt	8:00am Coffee & Chat 11:30am Lunch 12:15pm Bingo All Day Cards & Games Chess Mahjong
3 10:30am Chair Yoga	4 10:00am Drum Fit 12:15pm Scrabble Tournament 1:30pm Chair Yoga	5 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes	6 9:00am Budget Workshop <i>Presented by Trivent</i> 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 12:30pm Seated Volleyball	7 10:00am Sticks & Kicks 11:30am Mother's Day Luncheon	8 10:00am Tone Zone 12:15pm Big Bingo	9 10:30am Sing & Sculpt	OC Mobile Library Every Wednesday 1:00pm - 2:00pm Phillies Fridays Wear your Phillies gear!
10 10:30am Chair Yoga	11 10:00am Drum Fit 10:00am MVC Mobile Unit 12:15pm Scrabble Tournament 1:30pm Chair Yoga	12 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes 1:15pm Sweatin' to the Oldies	13 All Day "Chicago" Bus Trip 10:00am Hustle for the Muscle 11:30am Lunch & Learn <i>Presented by JAG Physical Therapy</i> 12:15pm Scrabble Tournament	14 10:00am Sticks & Kicks 11:30am Lunch & Learn <i>Presented by Shore Physicians Group</i> 1:00pm Arts & Crafts <i>Decoupage</i>	15 10:00am Tone Zone 12:15pm Big Bingo <i>Sponsored by Home Instead</i>	16 10:30am Sing & Sculpt	
17 10:30am Chair Yoga	18 10:00am Drum Fit 12:15pm Scrabble Tournament 1:30pm Chair Yoga	19 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes 1:00pm Mah Jong Tournament	20 10:00am MCI Workshop <i>Presented by The Shores</i> 10:00am Hustle for the Muscle 11:30am Lunch & Learn <i>Presented by Cape Atlantic Contact</i> 12:15pm Scrabble Tournament 1:15pm Mind & Body	21 10:00am Sticks & Kicks	22 10:00am Tone Zone 12:15pm Big Bingo <i>Sponsored by Autumn Lakes</i>	23 10:30am Sing & Sculpt	To register for any of our programs, please call (609) 399-0055!
24 10:30am Chair Yoga	25 10:00am Drum Fit 12:15pm Scrabble Tournament 1:00pm Movie Monday <i>You've Got Mail</i> 1:30pm Chair Yoga	26 10:00am Power Up! 12:30pm Chess, Checkers, and Dominoes 1:15pm Line Dance	27 10:00am Hustle for the Muscle 12:15pm Scrabble Tournament 1:00pm Solving Sleep Problems <i>Presented by OC Health Advisory Council</i>	28 10:00am Sticks & Kicks 11:30am May Birthday Celebration 1:00pm Karaoke	29 10:00am Tone Zone 12:15pm Big Bingo	30 10:30am Sing & Sculpt	
31 10:30am Chair Yoga							

Subject to change



Senior Center Lunch Menu May 2026



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

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