

County of Cape May

1735 Simpson Ave.

Center Line
609-399-0055

Nutrition Line
609-398-2552



Ocean City
Senior Center

Monday

- 8:30 - 11:30 Card Games (pinochle, etc)
- 10:30 - 11:00 Arm Chair Tai Chi
- 11:30 - 12:00 **LUNCH**
- 12:30 - 1:30 Card Games (recreation room)
- 1:00 Mah-Jongg (Advanced)
- Crafts & Jewelry making and Shuffle board daily

Wednesday

- 8:30 - 11:30 Card Games (Pinochle, etc)
- 10:30 - 11:00 Arm Chair Tai Chi
- 11:30 - 12:00 **LUNCH**
- 12:15 Bingo & Mah Jongg

*Special and
Seasonal Events!*

Tuesday

- 8:30 - 10:30 Card Games (recreation room)
- 10:30 - 11:15 "Healthy Bones" exercise class
- 11:30 - 12:00 **LUNCH**
- 12:15 - 1:30 Bingo
- 12:30 - 1:30 Cards or Bingo (Dining room)
- 12:15 Mah-Jongg

Thursday

- 8:30 - 10:00 Card games (Recreation room)
- 10:00 - 11:00 "Healthy Bones" exercise class
- 11:00 - 11:30 Poker &/or Blackjack games
- 11:30 - 12:00 **LUNCH**
- 12:15 Bingo, Mah-Jongg, Bridge

Friday

- 8:30 - 11:30 Card Games
- 10:30 - 11:00 Arm Chair Tai Chi
- 11:30 - 12:00 **LUNCH**
- 12:30 - 1:30 Bingo

*Good Times, Good Food, GREAT
Friendships*