

WELCOME TO THE LOWER CAPE SENIOR CENTER

ACTIVITIES

LUNCH

HEALTH AND WELLNESS CLASSES

SHUFFLEBOARD

CARDS

POOL TABLE

SCRABBLE

CONVERSATION

INFORMATION AND REFERRAL SERVICE

COFFER, TEA, COMPANIONSHIP

AND MUCH, MUCH MORE...



2612 Bayshore Road

Villas, NJ

609-886-5161

Open Monday—Friday 9:00am to 4:30pm

**LUNCH IS SERVED AT 11:30AM
PLEASE MAKE LUNCH RESERVATIONS 2 DAYS IN ADVANCE
BEFORE 10:00AM
LUNCH DONATION \$2.00
IF RIDING WITH FAREFREE WE MUST KNOW 3 DAYS IN
ADVANCE BY 10:00AM**

MONDAY

CERAMICS	10:00AM-2:00PM
POKENO	10:00AM-11:20AM
LUNCH	11:30AM-12:45PM
YOGA DDPY CHAIR	12:45PM-1:45PM
BRIDGE	1:00PM-4:30PM
BEGINNER COMPUTER CLASS	2:00PM-4:00PM

TUESDAY

CERAMICS	10:00AM-2:00PM
CRAFT CLASS	9:30AM-11:30AM
POKENO	10:00AM-11:20AM
LUNCH	11:30AM-12:45PM
WATER COLOR CLASS	1:00PM-3:30PM
WOOD CARVING CLASS	1:00PM-4:00PM
CHAIR YOGA	1:00PM-2:30PM

WEDNESDAY

CERAMICS	10:00AM-2:00PM
HEALTHY BONES	10:00AM-11:00AM
LUNCH	11:30AM-12:45PM
BINGO	12:45PM-2:00PM
LOOM KNITTING CLASS	2:00PM-4:00PM
YOGA	2:00PM-3:30PM

THURSDAY

BINGO	10:15AM-11:30AM
LUNCH	11:30AM-12:45PM
QUILTING	1:00PM-4:30PM
CHAIR YOGA	1:00PM-2:15PM
TAP/JAZZ/BALLET CLASS	2:00PM-4:00PM
(2ND & 4TH THURSDAY)	

FRIDAY

BRIDGE FOR BEGINNERS	10:00AM-12:30PM
BINGO	10:15AM-11:30AM
LUNCH	11:30AM-12:45PM
KNITTING CLASS	1:00PM-3:30PM
MAH0JONGG	1:00PM-4;30PM
THAI CHI	2:00PM-4:00PM
LINE DANCING	1:30PM-3:30PM
(1ST & 3RD FRIDAY)	