Cumberland County Office on Aging & Disabled Presents:

2026 Older Americans Month Program of Events

OLDER AMERICANS MONTH

CHAMPION YOUR HEALTH: MAY 2026

Events listed in this program are brought to you by Cumberland County Office on Aging as well as Cumberland County Area Aging Partners.

OLDER AMERICANS MONTH

CHAMPION YOUR HEALTH: MAY 2026

In honor of Older Americans Month, the Cumberland County Office on Aging and Disabled has prepared a special calendar of events. The cooperation of community agencies in hosting the events included in the calendar is acknowledged and appreciated. Our readers are encouraged to participate in and inquire about the scheduled events during the month of May 2026.

This year's national theme, Champion Your Health, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventative care, and making informed decisions that support independence.

On behalf of the Cumberland County Board of Commissioners and the Office on Aging, may you all enjoy a healthy and happy Older Americans Month, 2026!

COMMISSIONER LIAISONS TO THE OFFICE ON AGING & DISABLED

Commissioner Director Sandra Taylor
Commissioner Robert Austino

EXECUTIVE DIRECTOR

Lisa A. Williams

CUMBERLAND COUNTY
Office on AGING & Disabled

CUMBERLAND COUNTY CELEBRATES
OLDER AMERICANS MONTH - MAY 2026
CALENDAR OF EVENTS

Monday, May 4th through Friday, May 8th – Themed Bingo Week – from 11:00am-12:00pm located at Louise E. Moore Senior Center, 8879 Highland Street, Port Norris, NJ 08349. There will be different themed bingo and prizes each day. Contact Cindy Tawes at 856-785-1712 for more information.

Tuesday, May 5th - Nutrition Sharing Centers Mother's Day Luncheon - from 11:30am to 1:00pm at the County Congregate Nutrition Sites. A special Mother's Day menu will be served, and flowers will be given to attending mothers. Reservations are required by May 1, 2026. Please contact site manager below where you will be attending: Haleyville – **856-785-9817**; Deerfield – **856-455-6902**; Seabrook – **856-451-5649**; Leesburg – **856-785-0325**; Millville – **856-825-8779**; Vineland – **856-692-8289**; Fairfield - **856-451-9284 ext. 315**; and Lawrence – **856-447-1000.**

Tuesday, May 5th – South Jersey Legal Services Talk/Presentation – 11:15 am at the Upper Deerfield Twp. – Edgar Joyce Senior Center at 1323 Highway #77, Seabrook, NJ 08302. A presentation to learn who South Jersey Legal Services (SJLS) is and what services are provided. For more information contact South Jersey Legal Services at 856-691-0494.

Wednesday, May 6th – Dementia Caregiver Support Group – from 2:30pm-3:30pm, located at the Office on Aging & Disabled, 800 E Commerce St, Bridgeton NJ, 08302. This is a time for caregivers to come together to gather resources and network with other caregivers throughout Cumberland County.

Wednesday, May 6th – Cumberland County Office on Aging's Senior Music Festival – from 11:00am-2:00pm. Located at the Cumberland County Fairgrounds, 3301 Carmel Road, Millville, NJ, 08332. Cumberland County seniors aged 60 and above are invited to enjoy music. There will be light refreshments and resource tables from area agencies. For more information, contact the Office on Aging and Disabled at 856-453-2224.

Wednesday, May 6th – South Jersey Legal Services Talk/Presentation – 11:30 am at the Millville Nutrition Center, High Rise East, 130 S 2nd St, Millville, NJ 08332. A presentation to learn who South Jersey Legal Services (SJLS) is and what services are provided. For more information contact South Jersey Legal Services at 856-691-0494.

Thursday, May 7th – Power Protein – from 10:30 am – 11:00 am. Hosted and Sponsored by Maurice River Township Senior Center, 590 Main Street, Leesburg, NJ 08327. Join us for an event to learn a new recipe and taste-test. With the help of Inspira Nutrition Dietitian Diane Wind, learn to make Protein Balls. Contact Donna Jacoby at 856-785-0325 for more information and to register.

Friday, May 8th - Tea Party Luncheon – from 11:30am – 1:30pm - hosted by the Margaret Winchester Enrichment Center and Visually Impaired, located at 168 Sunny Slope Dr, Bridgeton NJ 08302. Visit and tour the Margaret Winchester Enrichment Center for the Blind and Visually Impaired. Free to the public and all are invited. Contact Larry Pierce at 856-451-5623 for more information.

Friday, May 8th – 38th Annual Senior Pinochle Tournament – 10:00am - Hosted by Charlotte Brago Senior Center, 736 Landis Avenue, Rosenhayn NJ 08352. Sponsored by the Cumberland County Office on Aging and Disabled and the Cumberland County Recreation Commission. Trophies awarded for first and second

top score. Experienced players may call Charlotte Brago Senior Center to reserve your spot at 856-451-5649.

Tuesday, May 12th – Morning Stretch with Heidi DeBartolomeis, PE Trainer, Planet Fitness and Member of the Cumberland County Recreation Commission – from 9:30am-11:00am – Located at Cumberland County Library, 800 E Commerce St, Bridgeton NJ 08302. Sponsored by the Cumberland County Office on Aging and Disabled. Beginner friendly seated exercise program. Contact the Office on Aging and Disabled at 856-453-2224 to reserve a spot.

Tuesday, May 12th — Ice Cream Sundae Social - from 10:30 am - 1:00 pm. Come join us for a sweet treat! All seniors are invited to participate in our Ice Cream Sundae Social for Older Americans Month. Cumberland County Nutrition Program will be hosting this event. Reservations are required by May 1, 2026. Please contact the site manager below where you will be attending between 10:30 am to 1:00 pm.: Haleyville – **856-785-9817**; Deerfield – **856-455-6902**; Seabrook **856- 451-5649**; Leesburg – **856-785-0325**; Millville – **856-825-8779**; Vineland – **856-692-8289**; Fairfield - **856-451-9284 ext. 315**; and Lawrence – **856-447-1000.**

Wednesday, May 13th – Legacy of Memories: Share your Journey – from 9:00 am – 10:30 am. Sponsored by NJ Health Hospice and Palliative Care. Located at Larry's II Restaurant, 907 N Main Road, Vineland, NJ 08360. Join us for a meaningful morning focused on memory and designed to help you capture your life stories, heartfelt advice, cherished moments, and even family favorite recipes. This interactive event will guide participants in organizing special memories that can be treasured for generations to come. Space is limited. Advance registration is required. Attendees will enjoy a free breakfast buffet and receive complimentary legacy journals. Reserve your seat by calling Laura Genna at 856-696-5340.

Friday, May 15th – Senior Safety with Sheriff Donato – from 1:30 pm – 2:30 pm. Located at Millville Public Library, 210 Buck Street, Millville, NJ 08332. Learn valuable tips on situational awareness, safeguarding your credit cards, and protecting your identity from those who prey on seniors. Contact the Office on Aging and Disabled at 856-453-2224 for more information.

Tuesday, May 19th – South Jersey Legal Services Talk/Presentation – 10:30 am at Louise Moore Senior Center, 8879 Highland Street, Port Norris NJ 08349. A presentation to learn who South Jersey Legal Services (SJLS) is and what services are provided. For more information contact South Jersey Legal Services at 856-691-0494.

Wednesday, May 20th - Millville Senior Citizen BBQ - from 11:30 am – 1:30 pm – The City of Millville Recreation Dept. will be honoring our Senior Citizens with a free BBQ lunch. The event is to be held at the Millville Elks Lodge, 1815 E. Broad St., Millville, NJ 08332. This event is open to the first 200 Millville Seniors who are registered with our department. Seniors are treated to a full afternoon of fun, with music, food and door prizes. Registration begins May 4th, 2026. Register by calling 856-825-7000 x7392.

Wednesday, May 20th – Plant and Paint – from 10:30 am – 12:00 pm – Located at Millville Nutrition Center, High Rise East, 130 S 2nd Street, Millville, NJ 08332 and Vineland Nutrition Center, Tarklin Acres, 191 W Chestnut Avenue, Vineland NJ 08360. Each person will pick their own blooming flower and be able to personalize their own flowerpot all while socializing. Refreshments available. Please RSVP at the center you will be attending by 5/4. Please contact Millville at 856-825-8779 or contact Vineland at 856-692-0973.

Wednesday, May 20th – South Jersey Legal Services Talk/Presentation – 11:00 am at Maurice River

Township Senior Center, 590 Main Street, Leesburg, NJ 08327. A presentation to learn who South Jersey Legal Services (SJLS) is and what services they provide. For more information contact South Jersey Legal Services at 856-691-0494.

Thursday, May 21st – Annual Public Hearing on Older Americans Act Funded Senior Services - 2:00 pm held at the Cumberland County Library, 800 E. Commerce Street in Bridgeton. This event is free and open to the public. The purpose of this public hearing is to offer elderly and disabled County residents, caregivers, and the general public the opportunity to comment on the needs of the elderly and disabled. Comments regarding needs that can be addressed by advocacy activities and available service funding are of particular interest. Call the Office on Aging & Disabled at 856-453-2224 for more information.

Thursday, May 21st – Charlotte Brago Senior Center 30th Anniversary Celebration – 11:00 am at Charlotte Brago Senior Center, 736 Landis Avenue, Rosenhayn NJ 08352. Charlotte Brago Senior Center is thrilled to commemorate our anniversary with a delightful day of joy and gratitude. Come and join us for a day filled with cherished memories, a delicious lunch, lively music, and socializing as we express our heartfelt appreciation for our wonderful community and senior citizens. Contact Melissa at 856-455-6902 to reserve your spot.

Tuesday, May 26th – Ice Cream Social – from 1:00 pm – 2:30 pm. Located at Vineland Senior Center, 103 S 6th Street, Vineland, NJ 08360. Celebration of Older Americans Month! Please come and join us for our Ice Cream Social. Open to Vineland Senior Residents. Call to reserve your spot with Tricia DiLisciandro at 856-794-4074.

Tuesday, May 26th – Lunch & Learn with Inspira LIFE – 12:00 pm at Maurice River Township Senior Center, 590 Main Street, Leesburg, NJ 08327. This event is promoted by Inspira LIFE to learn who they are, what the program is, and what services they offer. Contact Donna Jacoby at 856-785-0325 for more information.

Wednesday, May 27th – Senior Spring Fling Dance – from 2:00 pm – 4:00 pm. Sponsored by the First Legislative District - Senator Michael Testa, Assemblymen Erik Simonsen and Antwan McClellan in collaboration with the Cumberland County Office on Aging and Disabled. Located at the Millville Elks Lodge, 1815 E Broad Street, Millville, NJ 08332. Music and light refreshments will be provided. To reserve your spot, please contact the Office on Aging and Disabled at 856-453-2224.

Wednesday, May 27th – Memory Café – from 12:00 pm – 2:00 pm. Located at Parish of All Saints Community Center, 621 Dock Street, Millville, NJ 08332. Caregivers for those with dementia can attend with their loved ones and participate in music therapy, art therapy, and enjoy lunch. Contact the Office on Aging and Disabled at 856-453-2224 for more information.

Saturday, May 30th – Cumberland County Parks and Recreation Day – from 11:00 am – 2:00 pm. Located at the Cumberland County Fairgrounds, 3301 Carmel Road, Millville, NJ 08332. Cumberland County Parks & Recreation Day is sponsored by the Cumberland County Recreation Commission. There will be an Even Kiel 5k run that is fee based (9:30am start) and a fun run for beginners (11:00am start) that is free. Also, during this day, there will be opportunities to showcase local sports groups, hobby clubs, fitness instructors and outdoor enthusiasts, all ability level & ages are welcome. Food Trucks, demonstrations, and music.

Senior Discounts Offered in Cumberland County

***Disclaimer: This is not a complete list. Ask your local retail store for more details. ***

- **ACE Hardware – 10% every Thursday ages 65+**
- **Applebee's – 10% off ages 55+**
- **AT&T – Ages 55+ Plan**
- **Bath & Body Works – 15% off ages 55+ AND 10% off every first Wednesday for ages 55+**
- **Chick-Fil-A – 10% off ages 60+**
- **Chili's – 10% off ages 55+**
- **Denny's – Discounted Menu ages 55+**
- **Great Clips – Discounted Haircuts**
- **iHop – Discounted Menu ages 55+**
- **KFC – 10% off ages 55+**
- **Kohl's – 15% off every Wednesday ages 60+**
- **Larry's II – Earlybird Special ages 55+**
- **Maxx Fitness – Senior Membership Pricing**
- **McDonald's – Free Coffee or Free Small Drink ages 55+**
- **Michael's – 10% off ages 55+**
- **PepBoys – 10% off in store purchases ages 55+**
- **Pet Smart – 10% off ages 65+**
- **Regal Cinemas – Discounted Tickets ages 60+**
- **Ross Dress For Less – 10% off every Tuesday ages 55+**
- **ShopRite – 5% off Tuesdays ages 62+**
- **Sonic – 10% off ages 60+**
- **Subway – 10% off ages 60+**
- **T-Mobile – Discounted Senior Plans**
- **UPS – 5% off shipping for ages 60+**
- **Verizon – Discounted Senior Plans**
- **Walgreens – 20% off every first Tuesday**
- **Wendy's – 10% off ages 60+**