




October 2018 - Center Activities

609-448-7140

Enrollment into any Instructional Class must be done at least five (5) business days prior to the start date, in order to guarantee attendance.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| 1 SHAPE IT UP (\$) 9:30 Drop-In Bridge 9:30 Knee Pain Brunch 10 Move & Groove 11:15 Beginners Tai Chi 1 Yarn It / Games & T. Tennis 1:30 Harp Virtuoso | 2 9 Games// 1 T. Tennis 9 M.T. Chorus 9:30 Body Works 10 ACRYLICS (\$) 10:30 Triple 15 NEW: POUND (\$) 12 Chessmates 1:30 Fred Miller Presents 3:30 Pilates Class (\$) | 3 NEW: Total Toning (\$) 9 Healthy Bones Grads 9 - 11 FLU SHOT CLINIC NEW: Fun with Yiddish (\$) 10 Trans Watercolor & 1 pm 10:15 Bodies in Motion 1 Jewelry Gems/ Games 1 Parkinson's Support 1 Beg. Healthy Bones 1 Hitchcock Classic | 4 9 Adv. Healthy Bones 9 Chair Yoga (IP) 10 Ceramics 10:30 Men's Pelvic Health 10:30 Body Works 12:30 Mixed Watercolor (LD) 12:30 Duplicate Bridge 2 Mandolin Class 2 It's Magic Time! | 5 9 Zumba Gold 10 Boot Camp (Flex?) 10 Bagels Plus 10:30 Harmonica 11 Up to Barre (LD) 12:30 Watercolor Exp. (LD) 1 Table Tennis 2 Abuse Awareness |
| 8 OFFICE CLOSED  Columbus Day | 9 9 Games/ 9 M.T. Chorus 9:30 Body Works 10:30 Triple 15 10:30 Between the Covers 11 Green Thumbs 11:30 POUND 12 Chessmates/ 1 T. Tennis 2 20 Years of Ghosts 2 Collage with Karen (\$) 3:30 Pilates Class | 10 9 Total Toning 10 Fun with Yiddish 10 Exp. Trans Watercolor 10:15 Bodies in Motion (LD) NEW: Line Dancing (\$) 1 Intro to Trans H2O 1 Jewelry Gems/ Games 1 Beg. Healthy Bones 1:30 Jimmy McHugh | 11 9 Adv. Healthy Bones 9 Chair Yoga (IP) 10 Ceramics 10:30 Pit & The Pendulum 10:30 Body Works 12:30 Duplicate Bridge Mixed Watercolor (Flex?) 1:30 Frank Sinatra 2 Mandolin Class | 12  Celebrating Our Volunteers! <i>(All Regular Programming Postponed Today.)</i> |
| 15 9 SHAPE IT UP 9:30 Drop-In Bridge 10 Move & Groove (LD) 10:30 Healthy Lungs 11:15 Tai Chi 11:30 Tinnitus and You 1 Yarn It / Games & T. Tennis 1:30 David Aaron Presents 2 All About Chakras | 16 9 Games/ 9 MT Chorus 9:30 B. Works/ 10 Acrylics 10:30 Triple 15 10:30 Meditation 11:30 POUND 12 Chess-Mates/ 1 T. Tennis 1:30 Cancer Support 2 Secret Travels 2 Collage with Karen (LD) 3:30 Pilates Class | 17 9 Total Toning 10 Fun with Yiddish 10 Exp. Transp. H2O (LD) Bodies in Motion (Flex?) 10:15 Line Dancing 1 Intro to Trans. H2O (LD) 1 Jewelry Gems// Games 1 Beg. Healthy Bones By Appt. Rx Brown Bag | 18 9 Adv. Healthy Bones 9 Chair Yoga (LD) 10 Ceramics 10:30 Body Works 10:30 Standing Tall 12:15 Duplicate Bridge 1:30 Other Ocean Liner 2 Mandolin Class | 19 9 Zumba Gold NEW: Boot Camp (\$) 10:30 Harmonica 10:30 All About Reiki UP TO BARRE (Flex?) 12:30 Watercolor Exp. 1 Friends BINGO (\$) 1 Bonnie's Kids, By Invite 2 iPhone Basics (\$) 7 Oldies, But Goodies |
| 22 9 SHAPE IT UP 9 In-Staff Training 9:30 Drop-In Bridge 10 Art of the Masters Move & Groove (FLEX?) 10:30 Memory & You 11:15 Tai Chi 1 Yarn It / Games / T. Tennis 2 Leslie, The Medium | 23 8:45 Drivers Safety (\$) 9 Games // 9 MT Chorus 9:30 Body Works 10:30 Triple 15 11:30 POUND 12 Chess-Mates// 1 T. Tennis 1:30 Science Today 2 Mike & Ted Present 3:30 Pilates Class | 24 9 Health Bones Grads 9 Total Toning (IP) 10 Fun with Yiddish (IP) Transp. H2O Classes (Flex?) 10:15 Line Dancing (IP) Bodies in Motion (Flex?) 1 Gems/ Games/ 2 Cribbage 1 Beg. Healthy Bones (IP) 1:30 Roaring 90's, by invite 2 About Grant and Lincoln | 25 9 Adv. Healthy Bones Chair Yoga (Flex?) 10:30 Photo Mistakes 10:30 Body Works (IP) 10 Ceramics 12:15 Duplicate Bridge NEW: Mixed Watercolor (\$) 1:30 ...Ocean Liner (LD) 2 Internat'l Cooking Demo | 26 9 Zumba Gold 10 Boot Camp 10:30 Harmonica 10:30 Ted's Classic 11 Up to Barre (Flex?) NEW: Watercolor Exp. (\$) 1 Bonnie's Kids, By Invite 1:30 Jerry's Travels 2 iPhone Basics (LD) |
| 29 9 SHAPE IT UP 9:30 Drop-In Bridge 11:15 Tai Chi (LD) TABLE N TREAT <i>(Details Inside)</i> 10:30 a.m. to 1:30 p.m. 1 Yarn It 1:30 Games / T. Tennis | 30 9 Games// 1 T. Tennis 9 M.T. Chorus 9:30 Body Works 10 Acrylics (LD) 10:30 Triple 15 11:30 POUND 12 Chess-Mates 2 Meeting the Macabre 2 Charcoals/Pastels (\$) 3:30 Pilates Class | 31 9 Health Bones Grads 9 Total Toning 10 Fun with Yiddish 10 Exp. Transp. H2O (Flex?) NEW: Bodies in Motion (\$) NO LINE DANCING TODAY 1 Intro. Transp. H2O (Flex?) 1 Gems/ Games 1 Beg. Healthy Bones 2 Jazzy Halloween | <div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;"><u>Rutgers Film Festival Tickets</u></p> <p style="text-align: center;"><i>Available for Purchase on October 4, at 10 a.m.</i></p> <p style="text-align: center;"><u>Two Artists, 2 Styles, To Enjoy!</u></p> <p style="text-align: center;"><i>Now thru November 16, enjoy the display of artwork, in the Senior Center, that features two different artists, from Jeremy's Watercolor Class. Come on in and inspect the talent!</i></p> </div> | |