






MAY 2010

Schedule of Events & Special Programs

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
3	4	CINCO DE MAYO 5	6	7
9:00 a.m. Board Games 11:00 a.m. Cedeno's Pharmacy- Blood Pressure Screening 12:00 p.m. Card Games 1:00- 3:30 p.m. B - I - N - G - O	10 a.m. -Dr. Meyerberg –Billiard RM 10:45 a.m. Exercise Class 11:00 a.m. State House Tour 11:30 a.m. Shop Rite Shopping 1:00 - 3:30 p.m. B - I - N - G - O	9:30 a.m. Line Dancing 10:00 a.m. 90's Birthday Bash (By Invite Only) 1:00- 3:30 p.m. B - I - N - G - O	9:00 a.m. Board Games 12:30 p.m. Birthday Celebration N O B - I - N - G - O	MOTHER'S DAY Celebration 11:00 a.m.
10	11	12	13	14
9:00 a.m. Board Games 10:00 a.m. Diagnostic Mobile Imaging - Cardiologist 12:00 p.m. Card Games 1:00- 3:30 p.m. B - I - N - G - O	MUNICIPAL ELECTION Exercise your right. Vote! 	9:00 a.m. Board Games 9:00 a.m. Trip to Atlantic City (Showboat, \$17-Money Orders Only) 9:30 a.m. Line Dancing 1:00 -3:30 p.m. B- I-N-G-O	9:00 a.m. Board Games 10:30 a.m. Walt Skarbek Entertainment – Join Us!!!! 1:00 – 3:30 p.m. B - I - N - G - O Groceries	9:00 a.m. Flea Market 11:00 a.m. Let's Go Walking (Woodbridge Center Mall) 12 noon Lunch on Your Own (Applebees) 1:00-3:30 p.m. B - I - N - G - O
17	18	19	20	21
10:45 a.m. Farmer's Market Application Distribution (By Appointment) 12:00 p.m. Card Games 12:15 p.m. Likety Split Ice Cream 1:00-3:30 p.m. B - I - N - G - O	9:00 a.m. Board Games 10:45 a.m. Exercise Class 11:30 a.m. Shop Rite Shopping 12:00 p.m. Movie @ the Y- Sign Up in advance! 1:00 - 3:30 p.m. B - I - N - G - O	9:00 a.m. Board Games 9:30 a.m. Line Dancing 10:45 a.m. – Middlesex County Health Dept. -Outdoor Safety 1:00- 3:30 p.m. B - I - N - G - O	9:00 a.m. Board Games 9:00 a.m. NJSCA Flea Market 1:00 – 3:30 p.m. B - I - N - G - O SURPRISE 	9:00 a.m. Board Games 11:30 a.m. Let's Order PIZZA 1:00-3:30 p.m. B - I - N - G - O 
24	25	26	27	28
Senior Health & Fitness Week 9:00 a.m. – Blood Pressure w/Martha & Regina 10:00 a.m. Hearing Screening (Billiard Room – Sign up) 12:00 p.m. Card Games 1:00-3:30 p.m. B - I - N - G - O	Senior Health & Fitness Week 9:00 a.m. Board Games 10:45 a.m. SPECIAL Exercise Class 11:30 a.m. Shop Rite Shopping 1:00 - 3:30 p.m. B - I - N - G - O 6:00 p.m. Family Game Night (Recreation Dept. Program)	Senior Health & Fitness Week 9:00 a.m. Board Games 9:30 a.m. Line Dancing 10 a.m. Wellness Check-Ups 1:00-3:30 p.m. B - I - N - G - O	Senior Health & Fitness Week 9:00 a.m. Board Games 9:00 a.m. Columbus Flea Market (Limited Space – Sign up early) 10:00 a.m. Complimentary Foot Screenings – Dr. Ramos 1:00 – 3:30 p.m. B - I - N - G - O	Senior Health & Fitness Week 9:00 a.m. Board Games 12:00 p.m. Trip to WalMart 12:00 p.m. Senior Advisory Council Meeting 1:00-3:30 p.m. NUTRITION & BINGO Enjoy a Healthy Snack & Bingo
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	55+ Alive - AARP Driving Safety Course Classes will be starting this summer. Please contact our office if you are interested in signing up.	Are you interested in signing up for FREE ART CLASSES , please contact our office... 732-826-1690, Ext. 4326	Do you have concerns about falling? Join our Matter of Balance classes starting in June. Please contact our office for additional information-.	

AGE STRONG! LIVE STRONG! OLDER AMERICANS MONTH 2010