

McGuire Senior Center Activity Calendar
January 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 CENTER CLOSED New Year's Day	2 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	3
4	5 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	6 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Stand By Me	7 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	8 10:00 Coffee Chit-Chat 11:00 America 250: Remembering the Revolution 11:15 Chair Pilates with Kim	9 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	10
11	12 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	13 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The Princess Bride	14 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve	15 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim	16 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	17
18	19 CENTER CLOSED Martin Luther King, Jr. Day	20 9:30 Trip to ShopRite 10:00 January Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 Movie – When Harry Met Sally...	21 9:30 Blood Pressure Check 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 12:15 Golden Age Pizza Bingo	22 10:00 Braven Health Presents: Women's Health 11:15 Chair Pilates with Kim	23 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	24
25	26 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	27 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The American President	28 10:00 Meet the Bergen County Prosecutor 11:00 Chair Exercise 12:15 Strength Training with Steve	29 10:00 Coffee Chit-Chat 10:30 Brain Games with Advanced Audiology 11:15 Chair Pilates with Kim	30 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	31