

McGuire Senior Center Activity Calendar

December 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:00 Crochet Club 10:00 Medicare Review Appointments 9:30 Strength Training with Steve 11:00 Chair Exercise	2 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Holiday Inn	3 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	4 10:00 Coffee Chit-Chat 10:30 Hydration for the Holidays with ShopRite 11:15 Chair Pilates with Kim	5 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>6:30 PM Northvale Tree Lightng at Hogan Park</i>	6
7	8 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	9 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – A Christmas Story	10 10:00 Home Helpers Presentation 11:00 Chair Exercise 12:15 Strength Training with Steve	11 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Christmas Luncheon	12 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	13
14	15 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	16 9:30 Trip to ShopRite 10:00 December Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 Movie – National Lampoon’s Christmas Vacation	17 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	18 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Center Closing Early: Staff Christmas Party	19 9:00 Podiatrist Visit (by appt only) 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	20
21	22 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	23 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Home Alone	24 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve	25 <div> <div>CENTER CLOSED</div> <div>Christmas Day</div>  </div>	26 <div>  <div>CENTER CLOSED</div> <div>Day After Christmas</div> </div>	27
28	29 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	30 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Elf	31 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve			