

McGuire Senior Center Activity Calendar

November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	4 CENTER CLOSED Election Day	5 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	6 10:00 Coffee Chit-Chat 11:00 – 1:00 Intro to Art History & Drawing 11:15 Chair Pilates with Kim	7 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	8
9	10 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	11 CENTER CLOSED Veterans Day	12 10:00 Excelcare Presentation 11:00 Chair Exercise 12:15 Strength Training with Steve	13 10:00 – 12:00 Josh Gottheimer's Constituent Services Desk 11:15 Chair Pilates with Kim	14 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	15
16	17 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	18 9:30 Trip to ShopRite 10:00 November Breakfast: Bagels & Beats 10:30 Stretch & Strengthen with Betsy 11:30 Movie – First Wives Club	19 9:30 Blood Pressure Check 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Pizza Bingo	20 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim	21 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	22
23	24 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	25 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Something's Gotta Give	26 10:00 Science & Snacks Dirt Cup Activity 11:00 Chair Exercise 12:15 Strength Training with Steve	27 CENTER CLOSED Thanksgiving Day	28 CENTER CLOSED Day After Thanksgiving	29
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