

McGuire Senior Center Activity Schedule September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO	2
3	4 CENTER CLOSED Labor Day	5 9:30 Trip to ShopRite 10:00 Coffee Chit-Chat 11:30 Movie – Now, Voyager	6 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training 1:00 Golden Age Club Meeting	7 10:00 Coffee Chit-Chat 10:30 Line Dancing 12:00 Osteostrong Presentation	8 8:30 Podiatrist Visit 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO	9
10	11 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise 12:00 Tablet Class* *By registration only	12 9:30 Trip to ShopRite 10:00 Coffee Chit-Chat 11:30 Movie – On Golden Pond	13 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Gambling Presentation 12:15 Strength Training	14 10:00 Coffee Chit-Chat 10:30 Line Dancing	15 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO	16
17	18 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise 12:00 Tablet Class* *By registration only	19 9:30 Trip to ShopRite 10:00 September Breakfast 12:00 Movie – Little Women	20 9:30 Blood Pressure Check 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training 1:00 Golden Age Pizza Bingo	21 10:00 Coffee Chit-Chat 10:30 Line Dancing 12:00 Bergen County Presents: “Still Going Strong”	22 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO	23
24	25 9:00 Crochet Club 9:30 Strength Training 11:00 Chair Exercise 12:00 Tablet Class* *By registration only	26 9:30 Trip to ShopRite 10:00 Coffee Chit-Chat 11:30 Movie – Knives Out	27 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Fall Festival Luncheon* *First 50 members only 12:15 Strength Training	28 10:00 Coffee Chit-Chat 10:30 Line Dancing	29 10:00 Coffee Chit-Chat 11:00 Mah Jongg 12:00 BINGO	30