



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <i>Breast Cancer Awareness Presentation</i> 10:15 Line Dancing I & II 10:00-12:00	2 Bingo & Dessert ** 9:30 <i>Must register for ticket</i> Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	3 Crafty Friday* 9:30-10:30 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
6 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	7 <i>Holiday</i> <i>Office Closed</i>	8 <i>Multi-Cultural Explorations 9:00-10:00</i> Putting Pen to Paper Writing Group 9:00- 10:00 <i>Blood Pressure & Blood Glucose 9:30</i> Line Dancing I & II 10:00-12:00	9 <i>Walking Club 9:00***</i> Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 Self Defense 2:30-3:30	10 <i>Holiday</i> <i>Office Closed</i>
13 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	14 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 <i>Board Games 2:00</i>	15 Harvest Brunch** 10:00-12:00 <i>Must register for ticket</i>	16 <i>Walking Club 9:00***</i> Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	17 Crafty Friday* 9:30-10:30 T'ai Chi Chih 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
20 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	21 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 <i>Board Games 2:00</i>	22 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00	23 <i>Holiday</i> <i>Office Closed</i>	24 <i>Holiday</i> <i>Office Closed</i>
27 Book Nook 9:30-10:30 Arm Aerobics 10:30-11:00 Chair/Aerobics 11:00-12:00 T'ai Chi Chih 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	28 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 <i>Board Games 2:00</i>	29 Line Dancing I & II 10:00-12:00	30 <i>Walking Club 9:00***</i> Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	<i>*Activity is in the Nutrition Site Must register for lunch ** Must Register *** Weather Permitting</i>

Call 24 hours in advance to reserve Bus (732-785-3000 option 2077) & Nutrition Lunch (732-920-0700) Must be 60 Years or Older

Aloha....

Join us this month as we
travel to the islands of
Hawaii...
Wednesday, November 8th
9:00-10:00

Come out to
socialize and participate
in “*board games*”
Tuesdays at 2:00

***Donations for all
programs & services
are accepted***

**Breast Cancer Awareness Presentation
by Hackensack Meridian
Wednesday, November 1st at 10:15 am**

It's that time of year again!

**MEDICARE D
OPEN ENROLLMENT**

from OCTOBER 15-
DECEMBER 7

**Our staff is available
to assist you.**

Appointment required

Bingo, Prizes with Coffee & Dessert

Sponsored by Leisure Park

Thursday, November 2nd

10:00-12:00

Must Register for Ticket

Suggested Donation \$2.00

Harvest Brunch

Lunch, Dancing, Prizes

Lunch sponsored by Concord

Healthcare & Rehab Center

Entertainment by Sugar Foot DJ

Wednesday, November 15th

10:00-12:00

Must Register for Ticket

Blood Pressure & Blood Glucose

Screening

Wednesday, November 8th at 9:30 am