



| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 <i>Holiday</i> <i>Happy New Year !</i> | 2 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 | 3 Line Dancing I & II 10:00-12:00 | 4 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 | 5 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 |
| 8 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 | 9 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 | 10 Line Dancing I & II 10:00-12:00 | 11 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 | 12 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 |
| 15 <i>Holiday</i> | 16 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 | 17 <i>Multi-Cultural Explorations 9:00</i> <i>Blood Pressure, Blood Glucose,</i> <i>Oxygen Level 9:30</i> Line Dancing I & II 10:00-12:00 | 18 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 | 19 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 |
| 22 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 | 23 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 | 24 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00 | 25 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 | 26 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 |
| 29 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 | 30 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 | 31 <i>Clear Captions Phone Presentation</i> <i>10:15</i> Line Dancing I & II 10:00-12:00 | | *Activity is in the Nutrition Site must register for lunch **Must Register |

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

Happy New Year to All!

Come visit our center to socialize and participate in our activities!
Hope to see you soon!

Blood Pressure,
Blood Glucose &
Oxygen Level
Screenings
Wednesday,
January 17th
9:30 am

Can't hear on the phone ?

Learn how you can qualify for a no cost caption phone.

Attend the ClearCaptions presentation on

Wednesday, January 31st
9:30

Free snacks, refreshments & raffle drawing

OPEN ENROLLMENT

Switching from Medicare Advantage Plans back to Original Medicare

January 1st – February 14th

If you are enrolled in a Medicare Advantage plan, you can leave your plan and return to [original Medicare](#).

If you disenroll from your plan during this time, you will have until February 14 to enroll in a Part D plan that will begin the first day of the following month after you enroll.

Our staff is available to assist you.

Appointment required

Donations for all programs & services are accepted