



Monday	Tuesday	Wednesday	Thursday	Friday
3 <i>Holiday</i> <i>Labor Day</i>	4 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	5 Putting Pen to Paper Writing Group 9:00- 10:00 Line Dancing I & II 10:00-12:00	6 Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00 <i>Surflight Theatre Trip**</i>	7 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
10 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	11 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	12 Line Dancing I & II 10:00-12:00 <i>Cancer Presentation 10:15</i>	13 <i>Walking Club** 9:00</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	14 Crafty Friday* 9:30-10:30 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
17 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	18 Bingo for Fun * 10:15-11:15 Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00	19 Putting Pen to Paper Writing Group 9:00- 10:00 <i>Multi-Cultural Explorations 9:00-10:00</i> Line Dancing I & II 10:00-12:00 <i>Lunch & Learn 12:00</i> <i>Alzheimer's Presentation**</i>	20 <i>Walking Club** 9:00</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	21 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
24 Book Nook 9:30-10:30 Chair/Aerobics 11:00-12:00 Tai Chi 12:00-1:00 Water/Oil/ Acrylic Class 1:25-3:45	25 Bingo for Fun * 10:15-11:15 <i>Healthy Activity Day</i> Zumba 9:30-10:30 Chair/Aerobics 11:00-12:00 Chair Yoga 12:00-1:00 <i>Alzheimers Support Group for</i> <i>Caregivers - 3pm</i>	26 <i>Blood Pressure, Blood Glucose 9:30</i> Line Dancing I & II 10:00-12:00 <i>"Grandma's Jukebox"</i> <i>Journey Back to the 50's</i> <i>LIVE Entertainment & Dessert**</i> 12:00-2:00	27 <i>Walking Club** 9:00</i> <i>Morning Social 9:00-9:30</i> Chair Yoga 9:45-10:45 Bingo for Fun * 10:15-11:15 Chair/Aerobics 11:00-12:00 Movie 12:00-2:00	28 Crafty Friday* 9:30-10:30 Tai Chi 9:45-10:45 Chair/Aerobics 11:00-12:00 Ballroom Dancing 1:00-2:00 Free Style Dancing 2:00-3:00
		*Activity is in the Nutrition Site must register for lunch	**Must Register -Call for additional information	

Cancer Presentation
provided by
Hackensack Meridian Health
on **Wednesday, September 12th**
at **10:15**

Our "Walking Club" resumes
every **Thursday morning**
(weather permitting) beginning
September 13th
Meet at the Senior Center before
9:00 am

Join us as we travel to *Greece*
Multi-Cultural Explorations
Wednesday, September 19th at 9:00

Healthy Activity Day on
Tuesday, September 25th
Physical Fitness Classes
& Wellness Awareness Education
with Healthy Snacks
classes outside(weather permitting)

Free Health Screening
Blood Pressure & Blood Glucose
provided by **RWJ Barnabas Health**
Wednesday, September 26^h at 9:30
Fasting Recommended

Come see a great movie just out of
the theatre every Thursday
and munch on a
complimentary snack..
Bring a Friend!

Join the Brick Nutrition Site for a
hot lunch
Monday – Friday 11:00 am
You must call by 10:00 am the day
prior to register at 732-920-8686

To Read or Not to Read is never a
question for the Book Nook.
Join us the last Monday of
every month to discuss our book
over a cup of coffee.

Pen to PaperCome out and
exercise your writing skills –
It's creative and fun !
No experience needed and you will
amaze yourself by discovering a
hidden talent

Donations for all programs &
services are accepted

Monthly Alzheimer's Support Group
for all Caregivers presented by the
Alzheimers Association of Greater
New Jersey
every 4th Tuesday at 3:00 pm

Surflight Theatre Trip
"Bright Star"

A tale, that unfolds in the Blue Ridge Mountains of North
Carolina between 1923 and 1945. A young soldier, just home
from WWII meets the brilliant editor of a southern literary
journal. Together they discover a powerful secret that alters
their lives.

Lunch at Buckalew's Restaurant
Thursday, September 6th
Suggested donation \$30.00 / Must Register in person

Complimentary Lunch & Learn Seminar
speaker from **Comfort Care of Laurelton Village**
"Memory Loss, Dementia & Alzheimer's"
Wednesday, September 19th at 12:00 noon
Must Register

"Grandma's Jukebox"
Journey back to the 50's
Live musical performance with stories from
music that changed the world
from Dean Martin, Frank Sinatra, Johnny Mathis
to Dion, the Belmonts, The Duprees, and more!
Wednesday, September 26th
12:00-2:00
Must Register for a Ticket
Suggested donation \$3.00