




Metuchen Senior Center
 15 Center Street
 Wendi (732) 632-8524
 Rick (732) 632-8502



OCTOBER



Calendar Available Online at:
www.metuchennj.org/metnj

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00 SHOPRITE 12 - 3 Library (upstairs room) 1:30 CHAIR EXERCISE @ the Legion Senior Center Closed	3 10 - 1 Library (upstairs room) 11:00 ZUMBA GOLD @ the Legion Senior Center Closed	4 9:00 Walk with Wendi 10:00 WALMART 10am - 1 Library (downstairs room) 11:30 Edison Senior center Welcome Lunch 12:30 LINE DANCING @ the Legion	5 10 - 1 Library (upstairs room) 10:30 Barron Art Center 11:00 TANO MALL 12:30 STRENGTH/BALANCE@ the Legion Senior Center Closed	6 10 - 12 (upstairs room) 10:00 ALDI 11:00 CHAIR EXERCISE @ Legion Senior Center Closed
9  Holiday Senior Center Closed	10 10 - 1 Library (upstairs room) 11:00 ZUMBA GOLD @ the Legion Senior Center Closed	11 9:00 Walk with Wendi 10 - 1 Library (downstairs room) 11:00 MENLO MALL 12:30 LINE DANCING @ the Legion Senior Center Closed	12 10 - 1 Library (upstairs room) 11:00 TANO MALL 12:30 STRENGTH/BALANCE@ the Legion Senior Center Closed	13 10 - 12 (upstairs room) 10:00 STOP & SHOP 11:00 CHAIR EXERCISE @ Legion 12:00 CHAIR EXERCISE @ Legion Senior Center Closed
16 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	17  10:30 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME 12:00 Movie	18 9:00 Walk with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 10:00 WALMART 10-11 COAST TO COAST HEALTH INSURANCE 12:30 LINE DANCING	19 10:00 CARDS 10:00 SCRABBLE 10:30 ZIMMERLI ART MUSEUM 10:30 ART 12:30 STRENGTH/BALANCE	20 10:00 WEGMANS 10:00 RUMMIKUB 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE 1:00 - 2:00 FLU SHOTS
23 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	24 10:30 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME	25 9:00 Walk with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 10:00 WALMART 12:30 LINE DANCING	26 10:00 CARDS 10:00 SCRABBLE 10:30 ART 11:00 TANO MALL 12:30 STRENGTH/BALANCE	27 10:00 RUMMIKUB 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE 12:00 COOKS MARKET
30 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 11-1 NADI HEALTH SCREENING 1:30 CHAIR EXERCISE	31 10:30 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME 12:30 BIRTHDAY LUNCH HALLOWEEN THEME COSTUMES ENCOURAGED	<div style="text-align: center;">  Follow us on Facebook: MetuchenSeniorCenter </div>		