





METUCHEN SENIOR CENTER
 15 Center Street
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 Rick (732) 632-8502



Calendar Available Online at:
www.metuchennj.org/metnj_seniorcenter@metuchen.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 Follow us on Facebook:			1 10:00 RUMMIKUB 10:00 STOP & SHOP 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
 4 CENTER CLOSED	5 10:30 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME 12:00 United Healthcare	6 9:00 Walk with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WALMART 12:30 LINE DANCING PNC Trip - Must Pre-Register	7 10:00 CARDS 10:30 ART 11:00 TANO MALL 11:30 Brighton Gardens Exercise 12:30 STRENGTH/BALANCE	8 10:00 RUMMIKUB 10:00 WEGMANS 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
11 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 1:30 CHAIR EXERCISE	12 10:30 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME PNC Trip - Must Preregister	13 9:00 Walk with Wendi 10:00 7'S CARD GAME 10:00 MAHJONG 11:00 WOODBRIDGE MALL 12:30 LINE DANCING	14 10:00 AMBOY BANK 10:00 CARDS 10:30 ART 11:00 TANO MALL 12:30 STRENGTH/BALANCE	15 10:00 RUMMIKUB 10:00 ALDI 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
18 9:00 CERAMICS 10:00 BRIDGE 10:00 CRAZY 8's 10:00 SHOPRITE 11:00 NADI Health Screening 1:30 CHAIR EXERCISE	19 10:30 BINGO 11:00 ZUMBA GOLD 11:30 7'S CARD GAME 12:30 LUNCH	20 2023 SENIOR WALK ROOSEVELT PARK MUST REGISTER FOR THIS EVENT CENTER CLOSED no mini bus service	21 10:00 CARDS 10:00 MOVIE 10:30 ART 11:00 TANO MALL 12:30 STRENGTH/BALANCE 	22 10:00 RUMMIKUB 10:00 TARGET 11:00 CHAIR EXERCISE 12:00 CHAIR EXERCISE
25 1:30 CHAIR EXERCISE @ the Legion Senior Center Closed	26 PNC Trip - Must Preregister 11:00 ZUMBA GOLD @ the Legion Senior Center Closed	27 9:00 Walk with Wendi Leaving from the Senior Center 11:00 WALMART 12:30 LINE DANCING @ the Legion Senior Center Closed	28 11:00 TANO MALL 12:30 STRENGTH/BALANCE@ the Legion Senior Center Closed	29 10:00 WEGMANS 11:00 CHAIR EXERCISE @ the Legion 12:00 CHAIR EXERCISE @ the Legion Senior Center Closed