

July 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>UNDERLINED - SIGN UP # PRE-REGISTRATION REQUIRED \$ FEE REQUIRED *** REGISTER REGISTRATION DAY</p> <p>EXACT CHANGE PLEASE FOR LUNCH BUNCH - \$3.00 CASH</p>	<p><u>NO WEDNESDAY NIGHT CLUB IN JULY</u></p>	<p><u>NO BRIDGE, NO SQUARE DANCING AND NO YOGA CLASSES IN JULY AND AUGUST. CLASSES WILL RESUME IN SEPTEMBER.</u></p>	<p>1 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 CANASTA INSTRUCT. 10:00 ART INSTRUCT. 10:30 TAI CHI 10:30 CURRENT EVENTS WITH PAUL 11:30 PRE-REG. CARE ONE LUNCHEON 1:00 MEMORY MATTERS 1:00 BRIDGE INSTRUCTION 1:30 STRENGTH TRAININGS</p>	<p>2 9:00 MESSAGES 10:00 PHOTO ID'S 11:00 LUNCH BUNCH/STEFANO'S \$3 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE\$</p>
<p><u>5</u></p> <p><u>CENTER CLOSED</u></p> <p><u>INDEPENDENCE DAY HOLIDAY</u></p>	<p><u>6</u> 10:45-11:15 LOTTERY 11:30 REGISTRATION*** <u>GROCERY SHOP/PATHMARK</u> 12:00 KNITTING 12:15 CRAFTS#\$ 12:15 LINE DANCES\$ 12:30 LET'S TALK</p>	<p><u>7</u> 9:00 ESL 9:00 MESSAGES\$ 10:00 MAH JONG 12:00 SIT & BE FIT 12:15 BANKING 12:15 COMPUTER 1:30 EXERCISE WITH LENORE\$</p>	<p>8 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 CANASTA INSTRUCTION 10:00 ART INSTRUCTION 10:30 TAI CHI 10:30 CURRENT EVENTS WITH PAUL</p>	<p><u>9</u> 9:00 MESSAGES\$ 12:30 GIAMARESE FARM MARKET \$3 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE\$</p>
<p>12 10:00 BLOOD PRESSUE 10:00 BRIDGE 10/10:30 BEG./ADV. HEALTHY BONES# 10:30 NORTH BRUNS. DOLLAR STORE \$3 11:00 CRAFT WORKSHOP 12:00 MEN'S HAIRCUTS \$/MANICURES\$ 1:00 SWEET SOLITUDE 1:30 EXERCISE WITH LENORE\$ 7:00 CAREGIVERS SUPPORT GROUP</p>	<p>13 <u>GROCERY SHOP/PATHMARK</u> 10:30 SIT & BE FIT 12:00 KNITTING 12:15 CRAFTS#\$ 12:15 LINE DANCES\$ 12:30 LET'S TALK 1:30 LIGHT CHAIR EXERCISES\$</p>	<p>14 9:00 ESL 9:00 MESSAGES\$ 9:30 PRE-REG. SALUTE TO AMERICA TRIP 10:00 MAH JONG 10:30 FREEHOLD MALL \$3 11:00 WOMEN'S HAIRCUTS\$ 12:00 SIT & BE FIT 12:15 COMPUTER 1:30 EXERCISE WITH LENORE\$</p>	<p>15 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 CANASTA INSTRUCT. 10:00 ART INSTRUCTION 10:30 TAI CHIS 10:30 CURRENT EVENTS 11:30 BIRTHDAY CELEBRATION 1:30 STRENGTH TRAININGS\$</p>	<p>16 9:00 MESSAGES\$ 10:00-12:00 FARM MARKET VOUCHER DISTRIBUTION 1:00 MAGNIFICO'S ICE CREAM \$3 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE\$</p>
<p>19 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 11:00 CRAFT WORKSHOP 12:00 MEN'S HAIRCUTS\$ 1:30 EXERCISE WITH LENORE\$</p>	<p>20 <u>GROCERY SHOP/PATHMARK</u> 10:30 SIT & BE FIT 12:00 KNITTING 12:15 CRAFTS#\$ 12:15 LINE DANCES\$ 12:30 LET'S TALK 1:30 LIGHT CHAIR EXERCISES\$</p>	<p>21 9:00 ESL 9:00 MESSAGES\$ 10:00 MAH JONG 12:00 ICE CREAM SOCIAL WITH MUSIC BY DAVE 12:15 COMPUTER</p>	<p>22 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 CANASTA INSTRUCTION 10:00 ART INSTRUCTION 10:00 HOPE & HEALING 10:30 TAI CHIS 10:30 CURRENT EVENTS WITH PAUL 1:00 MEMORY MATTERS 1:30 STRENGTH TRAININGS\$</p>	<p>23 9:00 PRE-REG. ATLANTIC CITY 9:00 MESSAGES\$ 11:00 LUNCH BUNCH/MASTORI'S \$3 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE\$</p>
<p>26 10:00 BRIDGE 10:00 BLOOD PRESSURE 10/10:30 BEG./ADV. HEALTHY BONES# 11:00 CRAFT WORKSHOP 10:30 WEGMAN'S SHOPPING CENTER \$3 12:00 MEN'S HAIRCUTS\$/MANICURES\$ 1:30 EXERCISE WITH LENORE\$</p>	<p>27 <u>GROCERY SHOP/PATHMARK</u> 9:30 VISITING NURSE 10:30 SIT & BE FIT 12:00 KNITTING 12:15 CRAFTS#\$ 12:15 LINE DANCES\$ 12:30 LET'S TALK 1:30 LIGHT CHAIR EXERCISES\$</p>	<p>28 9:00 ESL 9:00 MESSAGES\$ 9:30 PODIATRIST 10:00 SQUARE DANCES\$ 10:00 MAH JONG 11:00 WOMEN'S HAIRCUTS\$ 12:00 SIT & BE FIT 12:15 COMPUTER 1:00 CARVEL ICE CREAM \$3 1:30 EXERCISE WITH LENORE\$</p>	<p>29 <u>GROCERY SHOP/E.B. SHOP RITE</u> 9:00 ESL 10:00 CANASTA INSTRUCTION 10:00 ART INSTRUCTION 10:30 TAI CHIS 10:30 CURRENT EVENTS WITH PAUL 1:30 STRENGTH TRAININGS\$</p>	<p>30 9:00 MESSAGES\$ 1:00 RUTGERS GARDENS FARM MARKET \$3 1:00 SWEET SOLITUDE 1:00 STITCH & SEW 1:15 EXERCISE WITH LENORE\$</p>