

AUGUST 2023
Calendar of Events
GLEN ROCKIN' SENIORS"



Tuesday August 1st

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program WITH SARA
11:30 **ICE CREAM FESTIVAL!**

Thursday August 3rd

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program with SARA
11:30 **"SHARE YOUR STORIES" New!**

Tuesday August 8th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 – 12:30 ***** "QUEEN FOR A DAY" !!!!**

Thursday August 10th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **BINGO!**

Tuesday August 15th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **ARMCHAIR EXERCISE with Bill Wright of NewBridge Medical Center**
1:30 – 2:30 *****THE " NOT SO NEWLYWED GAME!"**

Thursday August 17th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **ARMCHAIR EXERCISE with Bill Wright_of NewBridge Medical Center**
11:30 **MYSTERY BOOK CLUB**

Tuesday August 22nd

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:00 **BERGEN COUNTY WELLNESS SCREENING**
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **to be announced**

Thursday August 24th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **BINGO!**

Tuesday August 29th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **CHAIR ZUMBA WITH JENNY**

Thursday August 31st

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program **WITH DENISE**
11:30 **AUGUST AUCTION!**