



# NOVEMBER 2023

## Calendar of Events

### **GLEN ROCKIN' SENIORS**

#### Thursday November 2<sup>nd</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program with Denise (**SARA & BOYD OUT**)  
11:30 **MYSTERY BOOK CLUB**

#### Tuesday November 7<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program with Denise (**SARA & BOYD OUT**)  
11:30 **CHAIR ZUMBA WITH JENNY**

#### Thursday November 9<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program with Denise (**SARA & BOYD OUT**)  
11:30 **RESISTANCE REVIVAL** Roy Weiss Fitness

#### Tuesday November 14<sup>th</sup>

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**

#### Thursday November 16<sup>th</sup>

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 **A TALK BY BOYD LOWRY - Co- Sponsor of the Glen Rockin Seniors**  
**a series of presentations on informative topics of interest to seniors.**

**Tuesday November 21<sup>st</sup>**

10 – 10:30

THE MORNING BREW Join us for Coffee, Tea, and munchies!

10:30 – 11:15

**AGELESS GRACE** Exercise program with Sara

**11:30am**

**~~“Reuben Fast Horse!” Show and Presentation~~**

~~Storytelling, Magic, Singing, Drumming, Enlightening~~

~~Back by Popular Demand! CANCELLED~~



**Thursday November 23rd**

**CLOSED – THANKGIVING DAY**

**Tuesday November 28<sup>th</sup>**

10 – 10:30

THE MORNING BREW Join us for Coffee, Tea, and munchies!

10am

**BERGEN COUNTY WELLNESS PROGRAM**

10:30 – 11:15

**AGELESS GRACE** Exercise program

11:30

**CHAIR ZUMBA WITH JENNY**

**Thursday November 30<sup>th</sup>**

10 – 10:30

THE MORNING BREW Join us for Coffee, Tea, and munchies!

10:30 – 11:15

**AGELESS GRACE** Exercise program

11:30

**HEALTHY EATING FOR THE HOLIDAYS** with Nutritionist Melissa Dawson  
from Wakefern/Shop Rite