

FEBRUARY 2023

Calendar of Events

GLEN ROCKIN SENIORS

ALL EVENTS ARE ALWAYS FREE!



Thursday February 2nd

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 **BINGO**

Tuesday February 7th

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 **CROCHETING with Bonnie** (Rescheduled from January)

Thursday February 9th

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 **CHAIR ZUMBA WITH JENNY**

Tuesday February 14th

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 **ARMCHAIR TRAVEL TO PARIS FOR VALENTINE'S DAY!**
With French music, pastries, and Valentine goodie bags!

Thursday February 16th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 AM **AGELESS GRACE** Exercise program
11:30 – 12:30 **CHAIR ZUMBA WITH JENNY**

Tuesday February 21st

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE**
11:30 – 12:30 **NEW!! COUNTRY LINE DANCING!**

Thursday February 23rd

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE**
11:30 – 12:30 **A VISIT FROM GEORGE WASHINGTON! With Michael Grillo**

Tuesday February 28th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10 – 11:30 **BERGEN CTY WELLNESS PROGRAM SCREENING**
10:45 – 11:30 **CHAIR ZUMBA WITH JENNY**
11:30 – 12:30 **CHOCOLATE IS NUTRITIOUS! With Kailey Napolitano**