

**MARCH 2023**  
**Calendar of Events**  
**GLEN ROCKIN SENIORS**  
**ALL EVENTS ARE ALWAYS FREE!**



**Thursday, March 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  
11:30 – 12:30 CHAIR ZUMBA with Jenny

**Tuesday, March 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 ENJOY SMOOTHIES WITH MARLA! – Nutritional Program

**Thursday, March 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 **ARMCHAIR TRAVEL – A VISIT TO IRELAND!**  
Will be serving Irish Soda Bread, Scones, and Guinness!!



**Tuesday, March 14th**

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 AGELESS GRACE Exercise program  
2 pm **St. Patrick's Day Party with Dancing, Games, Prizes, and Irish Sing-a-Longs!**



### Thursday, March 16th

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

### Tuesday, March 21st

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE**  
11:30 – 12:30 "Name That Tune" *Game Show with prizes*

### Thursday, March 23th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE exercise**  
11:30 **MYSTERY BOOK CLUB**

### Tuesday, March 28th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10 – 11:30 **BERGEN CTY WELLNESS PROGRAM**  
10:30 – 11:30 **AGELESS GRACE EXERCISE**  
11:15 **PODIATRY FOOT SCREENING**

### Thursday, March 30th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:30 **AGELESS GRACE exercise**  
11:30 – 12:30 **ZUMBA DANCING PARTY with Jenny Low Impact**