

# JULY 2023

## Calendar of Events

### GLEN ROCKIN' SENIORS"



ALL EVENTS ARE ALWAYS FREE! \*\*\*\*Special Talks and Events

Tuesday July 4<sup>th</sup>      CLOSED FOR INDEPENDENCE DAY

Thursday July 6<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  
11:30      \*\*\*\***WALKING TOUR OF THE NEW SHOP RITE, FAIR LAWN**

Tuesday July 11<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      \*\*\* **BERGEN IT** Know your computer and how to protect your devices

Thursday July 13<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      **CHAIR ZUMBA WITH JENNY**

Tuesday July 18<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  
11:30      \*\*\*\* **WYCKOFF GARDENING CLUB** with John Gormley

Thursday July 20<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      **CHAIR ZUMBA WITH JENNY**

**Tuesday July 25th**

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 with Denise  
11:30 **\*\*\*\*FALL PREVENTION & PEDESTRIAN SAFETY w Rachel Ishak**

**Thursday July 27th**

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