

Sponsored by FirstLight Home Care of  
Glen Rock & The Borough of Glen Rock









**MARCH 2025**

**GLEN ROCKIN SENIORS**

201-345-3398



**Tues & Thurs. -Doors open at 10am  
for coffee, tea, cookies, munchies**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				2		
	3 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	4 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> BINGO	5 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	6 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> COOKIE EXCHANGE		
	10 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS.	11 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> CHAIR YOGA	12 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	13 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>1:30</b> ST. PADDY'S DAY PARTY		
	17 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	18 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> CHAIR YOGA	19 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	20 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> MYSTERY BOOK CLUB		
	24 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	25 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> CHAIR YOGA <b>10:00</b> Wellness Prg	26 <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	27 <b>10:30</b> AGELESS GRACE Brain & Body Exercise <b>11:30</b> BINGO	<b>MONDAY 31</b> <b>11:15</b> STRENGTH TRAINING WITH ROY WEISS	