



GLEN ROCK SENIOR CENTER

(Glen Rock Municipal Annex 678 S Maple Ave)

SEPTEMBER DROP IN SCHEDULE

MONDAYS-9am Walking Group (Meet at County Park)

11:30am-1pm Mahjong

TUESDAYS-9am-12pm Bridge

12-2pm Social Group

WEDNESDAYS— 9am Walking Group (Meet at Borough Hall)

10-10:45 Chair Yoga with Julie*

11-11:45am Aerobics with Julie*

12-3pm Shanghai Rummy

THURSDAYS-9am-12pm Bridge

12-2pm Social Group

FRIDAYS-9am Walking Group (Meet at Arboretum)

11-11:45am Aerobics with Julie*

ANNOUNCEMENTS

- All programs are free of charge unless noted with a *
- Aerobics with Julie is a paid program offering 20 classes for \$60, 10 classes for \$30, or \$3 for each individual class.
- Registration forms are required for the Sr Walking group and Aerobics with Julie. They can be found at Borough Hall.
- Social Group is time set aside for Seniors to get together, bring food, games, books, etc and enjoy each others company.
- There is a Bus trip to Mt. Airy Casino on Sept 19. \$30/person. Contact Andy Curshen to reserve a spot. 201-248-9436

A decorative border of pumpkins surrounds the text. The pumpkins are arranged in a grid-like pattern, with some overlapping. They are black and white line drawings of jack-o'-lanterns with various facial expressions.

GLEN ROCK SENIOR CENTER

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OCTOBER DROP IN SCHEDULE

MONDAYS-9am Walking Group (Meet at County Park)

11:30am-1pm Mahjong

TUESDAYS-9am-12pm Bridge

12-2pm Social Group

WEDNESDAYS— 9am Walking Group (Meet at Borough Hall)

10-10:45am Chair Yoga with Julie *

11-11:45am Aerobics with Julie*

12-3pm Shanghai Rummy

THURSDAYS-9am-12pm Bridge

12-2pm Social Group

FRIDAYS-9am Walking Group (Meet at Arboretum)

11-11:45am Aerobics with Julie*

SPECIAL EVENTS

- 10/3 BINGO BASH (Bingo Cards & Entry Free)
- 10/31 Halloween Party \$12/person. Reserve a spot with Parks & Rec 201-670-3951. A delicious catered lunch with musical entertainment.

ANNOUNCEMENTS

- The Senior Center is closed on 10/8 (Columbus Day)
- There is no Mahjong on 10/22
- There is a Bus Trip to Penn's Peak on 10/17. \$60/person. Contact Andy Curshen to reserve a spot 201-248-9436
- Bring prizes for the Bingo Bash on 10/3



GLEN ROCK SENIOR CENTER

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NOVEMBER DROP IN SCHEDULE

MONDAYS-9am Walking Group (Meet at County Park)

11:30am-1pm Mahjong

TUESDAYS-9am-12pm Bridge

12-2pm Social Group

WEDNESDAYS— 9am Walking Group (Meet at Borough Hall)

10-10:45 Chair Yoga with Julie*

11-11:45am Aerobics with Julie*

12-3pm Shanghai Rummy

THURSDAYS-9am-12pm Bridge

12-2pm Social Group

FRIDAYS-9am Walking Group (Meet at Arboretum)

11-11:45am Aerobics with Julie*

ANNOUNCEMENTS

- The Senior Center will be closed on the following dates:
11/6, 11/12, 11/22, 11/23.
- Bus Trip to The Royal manor on 11/14. \$57/person.
Contact Andy Curshen to reserve a spot. 201-248-9436.