

# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>LUNCH AVAILABLE DAILY</b> <b>through a grant from Middlesex County and a partnership with Elijah's Promise and a generous donation from BJ's Wholesale Club</b>	1 <b>9- Zumba/9:30- Yoga \$1</b> 11- Senior Swim at HS 10- Primetime fitness 1 1- AARP Meeting	2) 9- Walkers 9:30- Healthy Bones 11- Senior Swim at HS 11:30- AARP Coupon 12:30- Healthy Bones 1- Crochet Club	3 9:30- Line Dancing <b>11:30 Swim at Parker</b> 1- Pioneers Meeting	4 9- Wood Carvers 10- Exercise Video 12:30- NBC Social <b>2-4 Blood Pressure VNA</b>	5) <b>9:30- Men's Club</b> 9:30- Barber 10- Exercise with Donna 11- Senior Swim at HS <b>(1 pm-3 pm Food Handler's Course, County activity)</b>	6
7 <b>Disabilities Awareness Day North Brunswick High School</b> <b>12 pm-4 pm</b>	8 <b>9- Zumba/9:30- Yoga \$1</b> 11- Senior Swim at HS 10- Primetime fitness 1 <b>12- Lunch &amp; Learn NJ Hope &amp; Healing \$4</b>	9 9- Walkers 9:30- Healthy Bones 11- Senior Swim at HS 12:30- Healthy Bones 1- Crochet Club	10 8:45- AARP to AC 9:30- Line Dancing <b>11:30 Swim at Parker</b> 12:30- Pioneers Social	11 9- Wood Carvers 10- Exercise Video 11- Senior Swim at HS 12:30- NBC Social	12) <b>9 am- Men's Club trip: Battleship NJ &amp; Camden Aquarium</b> 9:30- Barber 10- Exercise with Donna <b>12:30- Center Bingo</b> 1:30- Scrabble Match	13
14	15 <b>9- Zumba/9:30- Yoga \$1</b> 11- Senior Swim at HS 10- Primetime fitness 1 12:30- AARP Social	16 9- Walkers 9:30- Healthy Bones <b>11:30- Ask the Pharmacist</b> 12:30- Healthy Bones 1- Crochet Club	17 9:30- Line Dancing 10- Friends <b>11:30 Swim at Parker</b> 1- Pioneers Meeting	18 9- Wood Carvers 10- Exercise Video 11- Senior Swim at HS 12- NBC Meeting 12:30- NBC Meeting	19) 9:30- Barber 10- Exercise with Donna 11- Senior Swim at HS <b>12- Meet the Puppies! North Brunswick Humane Association</b> Lunch served \$4	20
21 <b>NATIONAL VOLUNTEER WEEK!</b>	22 <b>9- Zumba/9:30- Yoga \$1</b> 10- Primetime fitness 1 <b>1- Volunteer Luncheon (For Meals &amp; Senior Center Volunteers)</b>	23) AARP Rainbow Dinner Theatre 9- Walkers <b>9:30 &amp; 12:30 Healthy Bones (held in activity room next to office)</b> 1- Crochet Club	24 9:30- Line Dancing <b>11:30 Swim at Parker</b> 12:30- Pioneers Social	25 9- Wood Carvers <b>10- BOCCE HOME 1st Game</b> 10- Exercise Video 12:30- NBC Social <b>7 pm- Ragtime at HS</b>	26) 9:30- Barber <b>9:15 am-10:30 am Rutgers Senior Day Exercise &amp; Games at Rutgers (bus provided)</b> 10- Podiatrist, Dr. Poonai 10- Exercise with Donna <b>12:30- Center Bingo</b> <b>7 pm- Ragtime at HS</b>	27 <b>7 pm- Ragtime at HS</b>
28	29 <b>9- Zumba/9:30- Yoga \$1</b> 10- Primetime fitness 1 10:30- AARP Board Meeting <b>11:30- Ask Dr. Judy Self-Esteem &amp; Happiness</b>	30 9- Walkers 9:30- Healthy Bones 12:30- Healthy Bones 1- Crochet Club		<b>Thank you to all the volunteers who decorate the Center every month and make our building so beautiful all year around!!</b>		