

# Glassboro Senior Center October 2020



**Hours: Monday – Friday 9am – 3pm**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>All Activities are Outside on the Patio</b> Our covered patio is located in the back of the building. <b>There are no trips or indoor activities at this time.</b></p>				<p>1 9am Tai Chi 11am Zumba</p>	<p>2  11:30 BINGO</p>	<p>3</p>
<p>4  </p>	<p>5 9:30 Physical Fitness 11am Yoga 12:10 Meditation</p>	<p>6 9:30 Physical Fitness PLUS 11a Craft Class</p>	<p>7 9:30 Physical Fitness</p>	<p>8 9am Tai Chi 11am Zumba</p>	<p>9 9:30 Physical Fitness</p>	<p>10</p>
<p>11  </p>	<p>12  CLOSED</p>	<p>13 9:30 Physical Fitness PLUS 11a Craft Class</p>	<p>14 9:30 Physical Fitness</p>	<p>15 9am Tai Chi 11am Zumba</p>	<p>16  11:30 BINGO</p>	<p>17</p>
<p>18</p>	<p>19  11am Yoga 12:10 Meditation</p>	<p>20 9:30 Physical Fitness PLUS 11a Craft Class</p>	<p>21  11:30 Physical Fitness</p>	<p>22 9am Tai Chi 11am Zumba</p>	<p>23 9:30 Physical Fitness 12p CERAMIC PAINTING </p>	<p>24</p>
<p>25</p>	<p>26 9:30 Physical Fitness 11am Yoga 12:10 Meditation</p>	<p>27 9:30 Physical Fitness PLUS 11a Craft Class</p>	<p>28 9:30 Physical Fitness</p>	<p>29 9am Tai Chi 11am Zumba 1pm HALLOWEEN BINGO </p>	<p>30 9:30 Physical Fitness</p>	<p>31 Happy Halloween </p>

# GLASSBORO SENIOR CENTER

152 S. Delsea Dr, Glassboro, NJ 08028 856-881-8504 ext 3

The Senior Center is open to Gloucester County Residents, age 60 & over.

All activities are held outside on the Senior Center patio.

The patio is located in the back of the building.

**PHYSICAL FITNESS** – A fun mix of different chair exercises. No Cost.

**PHYSICAL FITNESS PLUS** – Energetic mix of chair/standing exercises. No Cost.

**TAI CHI** – Cost: \$3 – Focus on Breathing, Balance/Fall Prevention

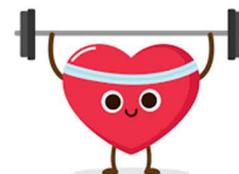
**YOGA** – Cost: \$3 – Chair Yoga, poses & positions adapted for Seniors.

**MEDITATION** – Cost: \$3 – Clear your mind & achieve a sense of calm.

**ZUMBA** – Cost: \$3 – Get your body moving and dance with Zumba Gold.

**CRAFT CLASS** – Join us Tuesdays for a Fun & Free Craft Class for Seniors.

**BINGO** – \$1 Donation - We provide single use paper bingo cards. Call ahead to register for bingo 856-881-8504 ext 3. Space is limited.



Please follow these guidelines for ALL activities:

- **All Payment Exact Change Only Please (No Coins)**
- **Social Distancing Required**
- **Arrive with your Mask On. Your mask can be removed once you are properly distanced from others.**
- **Remember your water to stay hydrated!**
- **Please wear proper shoes/supportive sneakers for all exercise.**



**MEDICARE OPEN ENROLLMENT (BY APPOINTMENT ONLY)**

Open Enrollment for 2021 Coverage is from Oct. 15 - Dec. 7, 2020.

Call 856-881-8504 ext 3 to set up an appointment.



Sign up for our text notifications or check out our Facebook page!

[www.facebook.com/GlassboroSeniorCenter](http://www.facebook.com/GlassboroSeniorCenter)

Text the message @gbsenior2 to phone number 81010

You will receive a text message to reply with your first & last name. You do not need to download an app for this service!

## HALLOWEEN BINGO

**\$2.00 Donation (Cash Only)**

**Thurs., October 29<sup>th</sup> @ 1pm**

**Special Games, Prizes & Snacks!**

**Wear Black or Orange for a Bonus!**

## Ceramic Painting

**\$15 each (Cash Only)**

**Fri., 10/23 @ 12pm**

**Star Tea Light Jar!**

**Includes all supplies**

**& Flameless Tea Light**



Space is Limited. Call Ahead to Register 856-881-8504 ext 3