

SENIOR CENTER HOURS

Center is opened the following hours: **Monday thru Thursday 9:30 pm – 4:00pm****
Fridays for ZUMBA @ 10:00 am & TAI CHI @ 1:00 pm ONLY

- Adult Union County College Class: **currently Thursday @ 1:00 pm**
- Occasionally it opens for special events at night or on the weekends.
- **Center closes at 4:00 pm. Your cooperation is greatly appreciated.

MEMBERSHIP

Membership is opened to **ALL** New Providence residents, age 55 and over. There is **NO** charge or dues to join. There are over 700 registered members at the present time.

Club meetings are Wednesday at 11:00 am.

The members plan special activities including: Luncheon and Dinner Parties, Slides and Lectures, Trips: Day and Overnight.

DAILY ACTIVITIES

Monday:	TRUSTEE MEETING (1 st Monday)	9:30 am
	Bridge Instruction	11:00 am
	BRIDGE Group	12:30 pm
	HEALTHY BONES Workshop (April – June)	1:00 pm
Tuesday:	Bus to Shop Rite or Pathmark	9:15 am*
	*Call Center between 8:45 - 9:00 am to arrange pick-up	
	EXERCISE w/ TONYA & WEIGHTS	10:00 am
	ACTIVITIES MEETING (2 nd Tuesday)	11:00 am
	TAI-CHI w/ AYRIEL	1:00 pm
	NEWSLETTER	2:00 pm
Wednesday:	YOGA w/ LaRONDA	8:00 am
	BLOOD PRESSURE READINGS	9:30 am – 11:00
	Janice Girona, our Public Health Nurse, is at the Center every Wed. She is available other times - Municipal Complex @ 908-464-7308.	
	Bus to Club Meeting – Call Center at 9:30 am to arrange pick-up	
	Club Meeting	11:00 am
	Bingo, Cards	12:30 pm
	CRAFTS (last Wednesday of the month)	2:00 pm
Thursday:	EXERCISE w/ TONYA & WEIGHTS	10:30 am
	Duplicate or Partner Bridge (Alternate)	12:30 pm
	Adult Union County College Class	1:00 pm
	Mahjong	1:00 pm
	Scrabble	1:30 pm
Friday:	<u>CENTER OPEN FOR THE FOLLOWING TIMES ONLY ON FRIDAYS</u>	
	Bus to Mall	9:15 am*
	*Call Center between 8:45 - 9:00 am to arrange pick-up	
	Bowling at Madison Lanes	9:45 am
	ZUMBA w/ TONYA	10:00 am – 11:00 am
	TAI-CHI w/ AYRIEL	1:00 pm – 2:00 pm