

New Providence Senior Citizens Center
*Ongoing Programs & Activities***
15 East 4th Street, 908.665.0046
Monday-Friday 9:30AM TO 2:30PM

New Providence residents, age 55 and older, are welcome to attend these FREE activities. Some require advance registration, so please contact the center for more information. Additional events, dinners, trips and activities are listed in the New Providence Senior Citizens' newsletter, which is available at the center and online at www.newprov.org/seniorshome.cfm.

MONDAY

9:30 am Trustee Meeting (1st Monday of the Month)
 10:30am Union County L.I.F.E. Class: Selected Topics in Biology (Fall/Spring Semesters, Please Check with Center for Dates)
 11:00am Newsletter Meeting
 12:30pm Bridge

TUESDAY

9:00am Bus to ShopRite*
 9:45am Balance and Conditioning Exercise Class
 10:00am Activities Meeting (2nd Tuesday of the Monthy)
 1:00pm Tai Chi
 2:00pm Converse Italian

WEDNESDAY

9:30am Blood Pressure Readings, Except 1st Wednesday of Each Month. (Janice Gironda, Public Health Nurse, Is Also Available At Municipal Center. Please Call 908.665.1400 x241)
 11:00am Club Meeting - News, Speakers, Entertainment, Etc. (Transportation Available*)
 12:30pm Bingo and Cards

THURSDAY

9:30am Fit and Healthy Exercise Class
 12:30pm Partner Bridge
 1:00pm Mah Jongg
 7:00pm After Hours Program (Monthly, Call Center for Specific Dates)

FRIDAY

9:00am Bus to Livingston Mall*
 9:30am Zumba Dance Exercise Class
 10:00am Bridge
 12:30pm Bingo and Pizza

*To arrange transportation, please call the center between 8:45 and 9:00am.

**Schedule Subject to Change, Please Call Center for Most Up to Date Information.