

# SENIOR CENTER NEWS

## Book Club

Tuesday February 27

1:00pm

*The Snow Child*

Please see the office to check out a copy of the book.

## Movie Day

Thursday, February 1

1:00PM

"SENIOR MOMENT"

Popcorn will be served!

## Podiatrist Services

Friday February 9th

By appointment only

9:00AM—11:00AM

Call the Senior Center to make an appointment

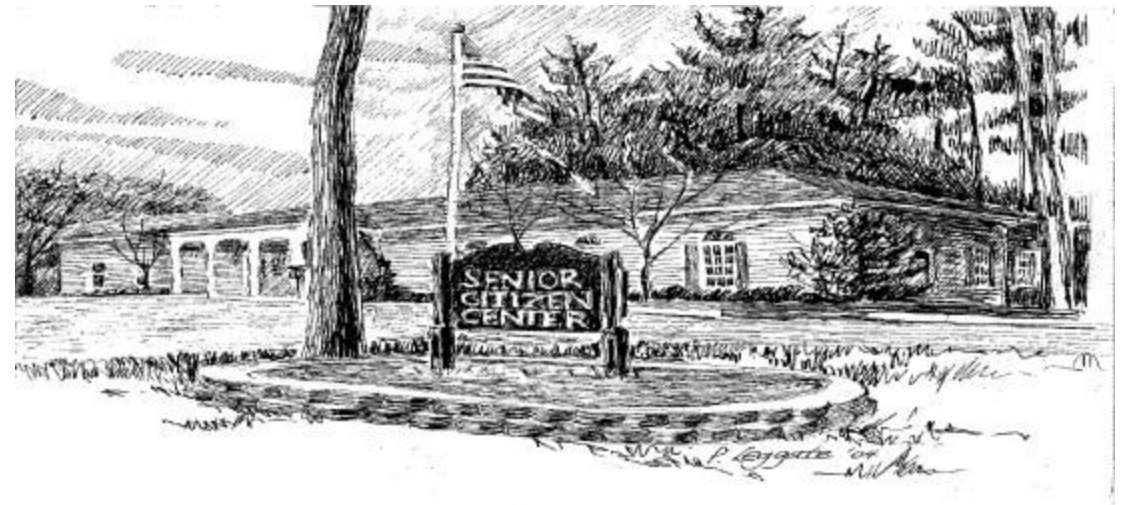
201-405-7731

## Senior Club Corner

Wednesday, February 7— Senior Club Board Meeting

Thursday, February 8— Scavenger Hunt

Thursday, February 22— Guest Speaker: Peter Havel-Oakland Library Director



## BOROUGH OF OAKLAND SENIOR CENTER

# CALENDAR OF EVENTS

## February 2024

Monday-Friday, 9:00am-4:00pm






**FEBRUARY**

# OAKLAND SENIOR CENTER

201-405-7731 Press (0)  
Calendar Subject to Change

**FEBRUARY**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>A * NEXT TO THE DATE, INDICATES THE VAN/BUS WILL BE AVAILABLE FOR THAT DAY. PLEASE REACH OUT IF YOU WOULD LIKE TO BE SCHEDULED FOR THE BUS. THE LETTER (Z) INDICATES THE CLASS IS AVAILABLE ON ZOOM AS WELL AS IN PERSON.</b></p>				<p><u>1</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM MOVIE DAY 1:00PM</p>	<p><u>2</u></p> <p>ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND &amp; MORE IN THE SC 12:30PM</p>	<p><u>3</u></p>
<p><u>4</u></p>	<p><u>5</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM—<b>CANCELLED</b> MAHJONGG 12:00PM</p>	<p><u>6*</u></p> <p>MAT YOGA 9:30AM (Z) SIT, STAND &amp; MORE IN THE SC 10:45AM DOMINOES 12:00PM</p>	<p><u>7</u></p> <p>ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM</p>	<p><u>8*</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM SENIOR CLUB 12:00PM</p>	<p><u>9</u></p> <p>ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND &amp; MORE IN THE SC 12:30PM PODIATRIST BY APPOINTMENT</p>	<p><u>10</u></p>
<p><u>11</u></p>	<p><u>12</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM</p>	<p><u>13*</u></p> <p>MAT YOGA 9:30AM (Z) <b>BERGEN COUNTY NURSE 10:00-12:00</b> SIT, STAND &amp; MORE IN THE SC 10:45AM DOMINOES 12:00PM</p>	<p><u>14</u></p> <p>ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM</p> <p> <b>HAPPY VALENTINE'S DAY!</b></p>	<p><u>15</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM BOROUGH BLOOD DRIVE 12:30-4:30</p>	<p><u>16</u></p> <p>ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND &amp; MORE IN THE SC 12:30PM</p>	<p><u>17</u></p>
<p><u>18</u></p>	<p><u>19</u></p> <p><b>SENIOR CENTER CLOSED PRESIDENT'S DAY</b></p> <p></p>	<p><u>20*</u></p> <p>MAT YOGA 9:30AM (Z) SIT, STAND &amp; MORE IN THE SC 10:45AM DOMINOES 12:00PM</p>	<p><u>21</u></p> <p>ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM</p>	<p><u>22*</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM SENIOR CLUB 12:00PM</p>	<p><u>23</u></p> <p>ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND &amp; MORE IN THE SC 12:30PM</p>	<p><u>24</u></p>
<p><u>25</u></p>	<p><u>26</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM</p>	<p><u>27*</u></p> <p>MAT YOGA 9:30AM (Z) <b>BERGEN COUNTY NURSE 10:00-12:00</b> SIT, STAND &amp; MORE IN THE SC 10:45AM DOMINOES 12:00PM BOOK CLUB 1:00PM</p>	<p><u>28</u></p> <p>ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM</p>	<p><u>29</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM</p> <p> <b>HAPPY LEAP YEAR!</b></p>		