

SENIOR CENTER NEWS

Book Club

Tuesday January 23

1:00pm

West With Giraffes by Lynda Rutledge

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

Holiday Décor Breakdown

Thursday, January 4

11:30-2:30

Volunteers are needed to help us bring the Senior Center back from the holidays!
See Debbie, if you are available.

BINGO

Thursday, January 18

1:00PM

\$1 per card

Snacks and coffee will be provided.

Movie Day

Thursday, February 1, 1:00PM

Senior Moment

Fresh popcorn will be served

Winter Centerpiece Flower Arrangement Class—**RESCHEDULED**

New Date: Wednesday, January 24th @ 1:30pm

Make a beautiful winter themed centerpiece with Debbie. All supplies included

Weather Closures

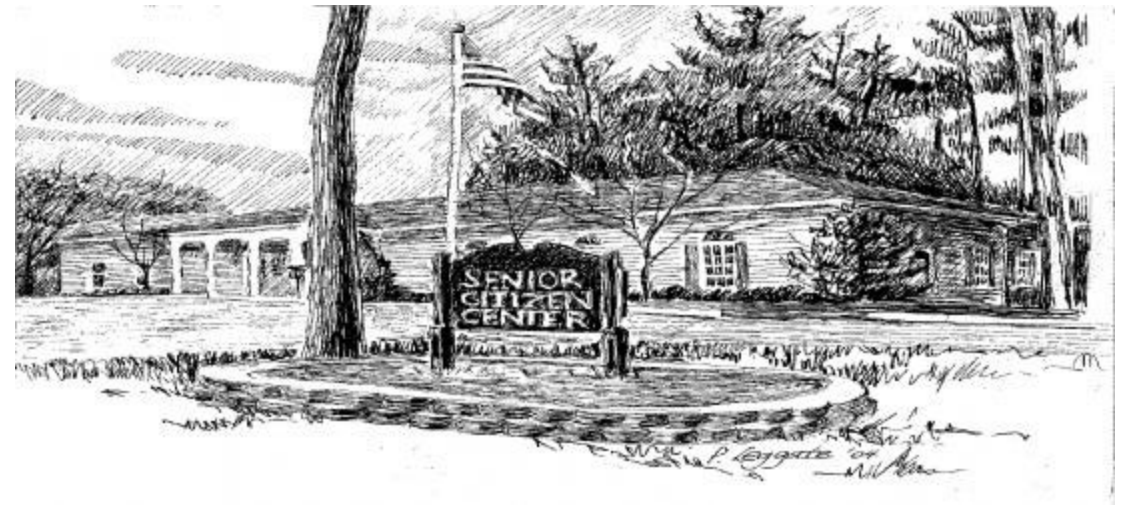
In the event of inclement weather, the decision to close or delay open the building will be made by 8:30am.

An email will be sent to all and an auto call will be sent to those who participate in the classes scheduled for that day. The list is comprised of people who have checked into the program in the previous 2 months. As a reminder, to ensure you receive notifications about classes, please always check in on the computer when you enter the building.

Senior Club Corner

Wednesday, January 3— Senior Club Board Meeting

Thursday, January 11— **BINGO**



BOROUGH OF OAKLAND SENIOR CENTER

CALENDAR OF EVENTS

January 2024

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





OAKLAND SENIOR CENTER

201-405-7731 Press (0)

*Calendar Subject to Change



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<u>1</u> SENIOR CENTER CLOSED NEW YEARS DAY	<u>2*</u> MAT YOGA 9:30AM (Z) ON HOLD SIT, STAND & MORE IN THE SC 10:45AM DOMINOS 12:00PM	<u>3</u> ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM	<u>4</u> PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM HOLIDAY DÉCOR BREAKDOWN 11:30	<u>5</u> ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND & MORE IN THE SC 12:30PM	<u>6</u>
<u>7</u>	<u>8</u> TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM	<u>9*</u> MAT YOGA 9:30AM (Z) ON HOLD BERGEN COUNTY NURSE 10:00-12:00 SIT, STAND & MORE IN THE SC 10:45AM DOMINOS 12:00PM	<u>10</u> ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM	<u>11*</u> PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM SENIOR CLUB 12:00PM	<u>12</u> ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND & MORE IN THE SC 12:30PM	<u>13</u>
<u>14</u>	<u>15</u> SENIOR CENTER CLOSED MARTIN LUTHER KING JR. DAY	<u>16*</u> MAT YOGA 9:30AM (Z) ON HOLD SIT, STAND & MORE IN THE SC 10:45AM DOMINOS 12:00PM	<u>17</u> ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM	<u>18</u> PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM BINGO 1:00PM	<u>19</u> ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND & MORE IN THE SC 12:30PM	<u>20</u>
<u>21</u>	<u>22</u> TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM	<u>23*</u> MAT YOGA 9:30AM (Z) ON HOLD BERGEN COUNTY NURSE 10:00-12:00 SIT, STAND & MORE IN THE SC 10:45AM DOMINOS 12:00PM BOOK CLUB 1:00PM	<u>24</u> ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM WINTER CENTERPIECE 1:30	<u>25*</u> PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM SENIOR CLUB 12:00PM	<u>26</u> ART CLUB IN SC 9:30AM ZUMBA TONE 10:00AM (Z) ARTHRITIS, BALANCE AND FALL PREVENTION 11:00 AM (Z) SIT, STAND & MORE IN THE SC 12:30PM	<u>27</u>
<u>28</u>	<u>29</u> TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM	<u>30*</u> MAT YOGA 9:30AM (Z) ON HOLD SIT, STAND & MORE IN THE SC 10:45AM DOMINOS 12:00PM	<u>31</u> ZUMBA 10:00AM (Z) MEN'S POKER CLUB 11:00AM CHAIR YOGA 11:30AM (Z) KNIT/CROCHET CLUB 1:00PM	<p>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.</p> <p>THE LETTER (Z) INDICATES THE CLASS IS AVAILABLE ON ZOOM AS WELL AS IN PERSON.</p>		