

SENIOR CENTER NEWS

Book Club

Tuesday, March 26
1:00pm

The Mystery Guest by Nita Prose

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

Movie Day—featuring “Queen Bees”

Thursday, March 7
1:00pm

Fresh popcorn will be served

Hydration Lunch & Learn with Alvita Care

Thursday, March 21
12:00PM

Hydration Doesn't Have to Be Boring

Learn about the different ways to hydrate and other forms of hydration

Please RSVP by 3/15

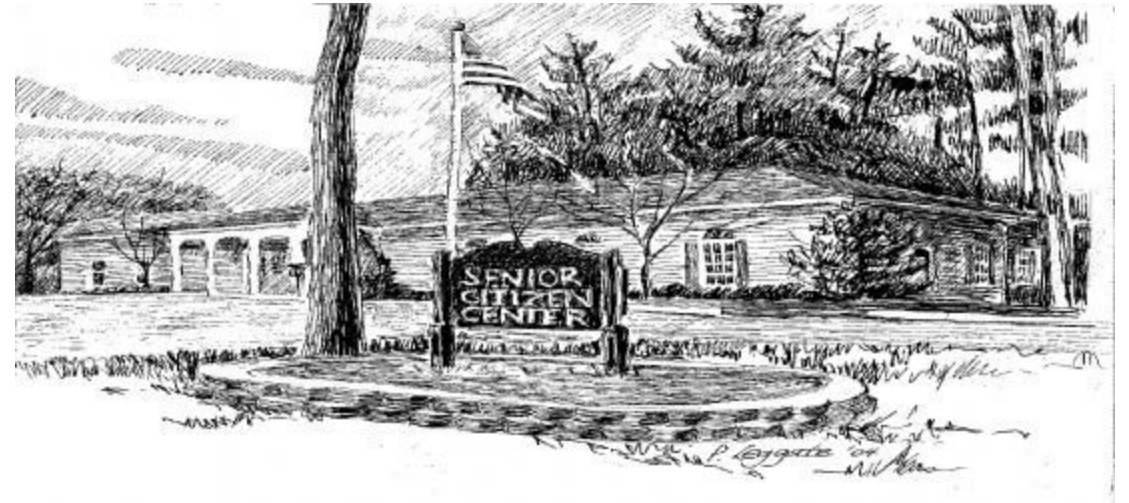
Senior Club Corner

Wednesday, March 6— Senior Club Board Meeting

Saturday, March 9— St. Patrick's Day Party , Checks in by 3/1

Thursday, March 14— BINGO and LUNCH RSVP by 3/7

Thursday, March 28— Swing into Spring with Danny S



BOROUGH OF OAKLAND SENIOR CENTER

CALENDAR OF EVENTS

March 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
<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. THE LETTER (Z) INDICATES THE CLASS IS AVAILABLE ON ZOOM AS WELL AS IN PERSON.</p>					<p><u>1</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 & MORE IN THE SC 12:30PM</p>	<p><u>2</u></p>
<p><u>3</u></p>	<p><u>4</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM</p>	<p><u>5*</u></p> <p>MAT YOGA 9:30AM (Z) SIT, STAND & MORE IN THE SC 10:45AM DOMINOES 12:00PM</p>	<p><u>6</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>7</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>8</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 & MORE IN THE SC 12:30PM</p>	<p><u>9</u></p> <p>Sr. Club St. Patrick's Day Party</p> 
<p><u>10</u></p>	<p><u>11</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM</p>	<p><u>12*</u></p> <p>MAT YOGA 9:30AM (Z) BERGEN COUNTY NURSE 10:00-12:00 SIT, STAND & MORE IN THE SC 10:45AM DOMINOES 12:00PM</p>	<p><u>13</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>14*</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM SENIOR CLUB</p>	<p><u>15</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 & MORE IN THE SC 12:30PM</p>	<p><u>16</u></p>
<p><u>17</u></p>	<p><u>18</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM</p>	<p><u>19*</u></p> <p>MAT YOGA 9:30AM (Z) SIT, STAND & MORE IN THE SC 10:45AM DOMINOES 12:00PM</p>	<p><u>20</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>21</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM HYDRATION LUNCH & LEARN 12:00PM</p>	<p><u>22</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 & MORE IN THE SC 12:30PM</p>	<p><u>23</u></p>
<p><u>24</u></p>	<p><u>25</u></p> <p>TAI CHI 10:00AM BILLIARDS CLUB 10:00-12:00 FUSION LINE DANCE 11:30AM MAHJONGG 12:00PM</p>	<p><u>26*</u></p> <p>MAT YOGA 9:30AM (Z) BERGEN COUNTY NURSE 10:00-12:00 SIT, STAND & MORE IN THE SC 10:45AM DOMINOES 12:00PM  BOOK CLUB 1:00PM</p>	<p><u>27</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>28*</u></p> <p>PILATES FOR SENIORS 9:15AM FIT FOR LIFE 10:15AM (Z) ART CLASS 9:30AM SENIOR CLUB</p>	<p><u>29</u></p> <p>SENIOR CENTER CLOSED GOOD FRIDAY</p>	<p><u>30</u></p>
<p><u>31</u></p>						