

September 2023
Calendar of Events
GLEN ROCKIN' SENIORS



Tuesday September 5th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program WITH SARA
11:30 **SHARE YOUR STORIES! New!**

Thursday September 7th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program with SARA
11:30 **BINGO!** **DARIA ON VACATION**

Tuesday September 12th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program with SARA
11:30 **CHAIR ZUMBA WITH JENNY** **DARIA ON VACATION**

Thursday September 14th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program with SARA
11:30 **MYSTERY BOOK CLUB**

Tuesday September 19th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** with Denise
11:30 **TENDER & TIMELY with Victoria Schrager**

Thursday September 21st

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program WITH SARA
11:30 ON **BBQ AND HORSE RACING AT WILDE PARK**

Tuesday September 26th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:00 **BERGEN COUNTY WELLNESS SCREENING**
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **CHAIR ZUMBA WITH JENNY**

Thursday September 28th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **BINGO!**