

October 2023

Calendar of Events

GLEN ROCKIN' SENIORS



Tuesday October 3rd

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 **LORI FYLSTRA ALLIANCE FOR SENIOR SERVICES**
FREE AUDIO HEARING SCREENINGS

Thursday October 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 **"OLDER INVESTORS – Never Stop Learning" presentation**

Tuesday October 10th

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**
10:30 – 12:30 **FREE FLU VACCINE CLINIC from New Bridge Medical Center**
Please register for this - CANCELLED

Thursday October 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 **BINGO**

Tuesday October 17th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program with Sara
12 NOON – 2 **PARAMUS MINI GOLF AND LUNCHEON**

Thursday October 19th

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

MYSTERY BOOK CLUB

Tuesday October 24th

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 with Sara

11:30

CHAIR ZUMBA WITH JENNY

Thursday October 26th

10 – 10:30

THE MORNING BREW Join us for Coffee, Tea, and munchies!

10:30 – 11:15

AGELESS GRACE Exercise program with Sara

1:30 to 3:30

HALLOWEEN PARTY



Tuesday October 31st

10 – 10:30

THE MORNING BREW Join us for Coffee, Tea, and munchies!

10:30 – 11:15

AGELESS GRACE Exercise program WITH DENISE

11:30

SHARE YOUR STORIES!