



## April Calendar of Events 2023

### **“GLEN ROCKIN’ SENIORS”**

#### Tuesday April 4<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:15 – 11:30 **WALKING WITH SARA** (Weather permitting)  
11:30 – 12:30 **SPRING BINGO!**

#### Wednesday April 5<sup>th</sup>

10:30 am **CRAFTY WEDNESDAY – DECOUPAGE WITH DARIA**  
All supplies provided

#### Thursday April 6<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:15 – 11:30 **WALKING WITH SARA** (Weather permitting)  
11:30 **“SPRING” BASKET DRAWING!** Chock full of goodies! Chocolate, health and beauty items, household, and more! Get your free tickets at the Annex when you participate in an activity. One ticket per activity. Ticket hand outs starting 3-28-23  
11:30 **NAME THAT TUNE GAME SHOW with prizes**

#### Tuesday April 11<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:30 **ARMCHAIR TRAVEL TO HOLLAND! With Joel, Jen, & Chocolates!**

#### Wednesday April 12<sup>th</sup>

10:30 am **LINE DANCING WITH SASHA!**

### Thursday April 13<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:15 – 11:30 **WALKING WITH SARA** (Weather permitting)  
11:30 **CHAIR ZUMBA WITH JENNY**

### Tuesday April 18<sup>th</sup>

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

### Wednesday April 19<sup>th</sup>

10:30 am **CRAFTY WEDNESDAY –“ON THE ROCKS” WITH DARIA**  
All supplies included

### Thursday April 20<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:15 – 12:30 **NJ Villages FILE OF LIFE – Emergency Preparedness Program**

### Tuesday April 25<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:00 – **BERGEN CTY WELLNESS PROGRAM – HEALTH SCREENING**  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:15 – 11:30 **WALKING WITH SARA** (Weather permitting)  
11:30 – ON **FREE FLEA MARKET !** Bring small items that you can carry, and are no longer needed. This is a lot of fun, and a great way to find something you've been looking for for free!

### Wednesday April 26<sup>th</sup>

10:30 AM **DANCING WITH SASHA!**

### Thursday April 27<sup>th</sup>

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!  
10:30 – 11:15 **AGELESS GRACE** Exercise program  
11:15 – 11:30 **WALKING WITH SARA** (Weather permitting)  
11:30 AM **ZUMBA PARTY! Low Impact** Everybody can dance!