



## MAY Calendar of Events 2023 “GLEN ROCKIN’ SENIORS”

### \*\*\* Extra Special Event

#### Tuesday May 2nd

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 **THE BENEFIT OF CHOCOLATE with Kristiana**

#### Wednesday May 3rd

11 – 11:15 **DANCING WITH SASHA - exercise**

#### Thursday May 4th

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 **MYSTERY BOOK CLUB**

#### Tuesday May 9th

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

#### Wednesday May 10<sup>th</sup>

10:00 \*\*\* **NETWORKING EVENT WITH MATT PAXTON- Star of TV show  
“LEGACY LIST” on PBS**

#### Thursday May 11th

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 May 16th

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 **MANAGING SCIATICA- NEW BRIDGE WELLNESS**

### Wednesday May 17th

11:00 – 11:15 **DANCING WITH SASHA - exercise**

### Thursday May 18th

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—LET'S GO CRUISING!**

### Tuesday May 23rd

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)  
10:00 – ON **BERGEN COUNTY WELLNESS SCREENING**  
11:15 am **KNOW YOUR NUMBERS Presentation on Diabetes, Vitals**

### Wednesday May 24th

11 – 11:15 **DANCING WITH SASHA -exercise**

### Thursday May 25th

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 May 30th

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 **HISTORY COMES ALIVE! –A portrayal of a World War One British soldier with Author and Historical Reenactor, John Van Vliet. Special guest Anthony Satillaro**

### Wednesday May 31th

11 – 11:30 **DANCING WITH SASHA - exercise**