



JUNE Calendar of Events **“GLEN ROCKIN’ SENIORS”2023**



ALL EVENTS ARE ALWAYS FREE!

Thursday June 1st

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 **BINGO/Prizes**

Tuesday June 6th

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 **THE MYSTERY BOOK CLUB**

Wednesday June 7th

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

Thursday June 8th

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

Tuesday June 13th

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 **DRUMMING !! WITH CINDY KRESCH**

Wednesday June 14th

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

Thursday June 15th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
11:30 **COMMON SKIN DISORDERS – Bergen Cty Wellness**

Tuesday June 20th

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

Wednesday June 21st

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

Thursday June 22nd

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 – ON **ZUMBA EXERCISE PARTY!**

Tuesday June 27th

10 – 10:30 THE MORNING BREW Join us for Coffee, Tea, and munchies!
10:30 – 11:15 **AGELESS GRACE** Exercise program
10:00 **BERGEN COUNTY WELLNESS PROGRAM**
11:15 – 11:30 **WALKING WITH SARA** (Weather permitting)
11:30 **BINGO/Prizes**

Wednesday June 28th

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

Thursday June 29th

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 **ZUMBA EXERCISE PARTY!**



Thursday June 29th 2 – 4 PM

ANNUAL SUMMER KICK OFF PARTY!!!!

CARNIVAL GAMES, PRIZES, DANCING, LIVE MUSIC!

Please rsvp by June 22nd 201-345-3398