

Sponsored by FirstLight Home Care of
Glen Rock & The Borough of Glen Rock










201-345-3398



JULY 2024

GLEN ROCK SENIORS

**Tues & Thurs. -Doors open at 10am
for coffee, tea, cookies, munchies**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ANNEX CLOSED	2 ANNEX CLOSED	3 ANNEX CLOSED	4 4TH OF JULY ANNEX CLOSED	5	
	8 11:15 STRENGTH TRAINING WITH ROY WEISS	9 10:30 AGELESS GRACE EXERCISE 11:30 YOGA	10 11:15 STRENGTH TRAINING WITH ROY WEISS	11 10:30 AGELESS GRACE EXERCISE 11:30 KARAOKE PARTY with DARIA		
	15 11:15 STRENGTH TRAINING WITH ROY WEISS.	16 10:30 AGELESS GRACE EXERCISE 11:30 BEE KEEPING WITH MATT	17 11:15 STRENGTH TRAINING WITH ROY WEISS	18 10:30 AGELESS GRACE EXERCISE 11:30 MYSTERY BOOK CLUB	19	
	22 11:15 STRENGTH TRAINING WITH ROY WEISS	23 10:30 AGELESS GRACE EXERCISE 11:30 YOGA 10 am Wellness Program	24 11:15 STRENGTH TRAINING WITH ROY WEISS	25 10:30 AGELESS GRACE 11:30 Kate Forsatz ACTING WORKSHOP		
	29 11:15 STRENGTH TRAINING WITH ROY WEISS	30 10:30 AGELESS GRACE with Sara 11:30 YOGA	31 11:15 STRENGTH TRAINING WITH ROY WEISS			

