

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










201-345-3398



AUGUST 2024

GLEN ROCK SENIORS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 AGELESS GRACE EXERCISE 11:30 BINGO		
	5 11:15 STRENGTH TRAINING WITH ROY WEISS	6 10:30 AGELESS GRACE EXERCISE 11:30 Talk on Sign Language and Tutorial with Julie Schlect	7 11:15 STRENGTH TRAINING WITH ROY WEISS	8 10:30 AGELESS GRACE EXERCISE 11:30 "18TH & 19TH CENTURY DANCE DEMO UNICORNE DANCE TROUP		
	12 11:15 STRENGTH TRAINING WITH ROY WEISS.	13 10:30 AGELESS GRACE EXERCISE 11:30 YOGA	14 11:15 STRENGTH TRAINING WITH ROY WEISS	15 10:30 AGELESS GRACE EXERCISE 11:30 TRAVEL with COLLETTE		
	19 11:15 STRENGTH TRAINING WITH ROY WEISS	20 10:30 AGELESS GRACE EXERCISE 11:30 KONNECT GLOBAL	21 11:15 STRENGTH TRAINING WITH ROY WEISS	22 10:30 AGELESS GRACE 11:30 Talk "THE ROLE OF THE PRIMARY CARE DR."		
	26 11:15 ROY WEISS VACATION NO CLASS	27 10:30 AGELESS GRACE with Sara 11:30 YOGA 10:00 WELLNESS PROGRAM	28 11:15 STRENGTH TRAINING WITH ROY WEISS	29 10:30 AGELESS GRACE EXERCISE 11:30 MYSTERY BOOK CLUB		