

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










201-345-3398



SEPTEMBER 2024

GLEN ROCKIN SENIORS

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2 LABOR DAY CLOSED	3 10:30 AGELESS GRACE Brain & Body Exercise 11:30 PICTURE THIS!	4 11:15 STRENGTH TRAINING WITH ROY WEISS	5 10:30 AGELESS GRACE Brain & Body Exercise 11:30 YOGA		
	9 11:15 STRENGTH TRAINING WITH ROY WEISS	10 10:30 AGELESS GRACE Brain & Body Exercise 11:30 YOGA	11 11:15 STRENGTH TRAINING WITH ROY WEISS	12 10:30 AGELESS GRACE Brain & Body Exercise 11:30 GOLDEN AGE OF HOLLYWOOD (games and trivia)		
	16 11:15 STRENGTH TRAINING WITH ROY WEISS.	17 10:30 AGELESS GRACE Brain & Body Exercise 11:30 STORYTELLING with Kate Forsatz	18 11:15 STRENGTH TRAINING WITH ROY WEISS 10:00 LINE DANCING w DANCEWORKS	19 10:30 AGELESS GRACE EXERCISE 11:30 BINGO		
	23 11:15 STRENGTH TRAINING WITH ROY WEISS	24 10am Bergen Cty Wellness Program 10:30 AGELESS GRACE Brain & Body Exercise 11:30 Mystery BookClub	25 11:15 STRENGTH TRAINING WITH ROY WEISS 10:00 LINE DANCING w DANCEWORKS	26 10:30 AGELESS GRACE 11:30 ACTION AUCTION!		
	30 11:15 STRENGTH TRAINING WITH ROY WEISS					