

PISCATAWAY SENIOR CENTER
CALENDAR OF EVENTS
March 2010

SENIOR CENTER HOURS OF OPERATION

MONDAY 7:00 am – 9:00 pm, TUESDAY 7:00 am – 3:00 pm, WEDNESDAY 7:00 am – 3:00 pm,
THURSDAY 7:00 am – 9:00 pm, FRIDAY 7:00 am – 3:00 pm, SATURDAY 8:00 am – 1:00 pm.

A free breakfast is served at the Senior Center Monday through Friday from 7:30 – 9:30 am. A nutrition lunch is available for purchase Monday through Friday at a reasonable cost of \$2.25 per person and is served at 11:30 am (Prior sign up is required at the Senior Center nutrition desk). The Senior Center bus provides shopping transportation to the Pathmark on Monday, Wednesday, and Thursday. To schedule transportation call the transportation office at 732-743-2218 or you can stop by the office to fill out a transportation request form.

MONDAY, March 1

7:00 – 8:00 Tai Chi
8:00 – 9:00 Qi-Gong
9:00 – 10:00 Video Fitness Rm. A
10:00 – 11:00 Yoga
10:00 – 11:00 ESL Class
1:00 – 2:00 Exercise Class Rm. A
2:30 – 4:00 Strong Bones Ex.
5:00 - Bingo
6:00 – 7:00 Pain Management Exercise
7:00 – 8:30 ROM & Self Defense

TUESDAY, March 2

7:00 – 8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
9:00 – 10:00 Video Fitness
10:00 – 11:00 Paper Shredding
10:00 – 12:30 Wii Practice Rm. A
12:30 – 2:00 Silvertones
1:00 Mah Jong

WEDNESDAY, March 3

7:00 – 8:00 Tai Chi
8:00 – 9:00 Qi-Gong Ex Class
8:30 – 10:30 Free Testing
9:00 – 10:00 Video Fitness
10:00 – 11:00 Tai Chi Class
1:00 – 2:00 Line Dance

THURSDAY, March 4

7:00 – 8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
9:00 – 10:00 Chinese Class
9:45 – 10:45 ESL Class
10:00 – 11:30 Strong Bones
12:30 – 2:00 Puzzle Time
1:00 – 2:00 Exercise Rm. A
2:30 – 4:00 Painting
5:00 Bingo
5:30 Sing & Dance
Silvertones – Brighton Gardens

FRIDAY, March 5

7:00 – 8:30 Tai Chi
8:30 – 10:30 Pandora's
9:00 – 10:00 Video Fitness Rm. A
10:00 – 11:00 Tai Chi Class
11:00 – 1:00 Painting
12:15 Travel to Australia
1:15 – 2:45 Ballroom Dance

SATURDAY, March 6

8:00 – 1:00 The Senior Center is open for
Morning & Afternoon activities
Shopping to Wal-Mart
8:00 – 9:00 Tai Chi Room A
9:00 – 10:00 Tai Chi Beginner
10:00 – 11:30 Strong Bones Ex.
10:00 – 12:00 Card Games
11:30 – 12:45 Dance Class

MONDAY, March 8

7:00 – 8:00 Tai Chi
8:00 – 9:00 Qi-Gong
9:00 Poetry with Paul
9:00 – 10:00 Video Fitness
10:00 – 11:00 Yoga
10:00 – 11:00 ESL Class
1:00 – 2:00 Exercise Class
2:30 – 4:00 Strong Bones Ex.
5:00 Bingo
6:00 – 7:00 Pain Management Exercise
7:00 – 8:30 ROM & Self Defense

TUESDAY, March 9

7:00 -8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
9:00 – 10:00 Video Fitness
12:30 – 2:00 Silvertones
1:00 Mah Jong

WEDNESDAY, March 10

7:00 -8:00 Tai Chi
8:00 – 9:00 Qi-Gong
9:00 – 10:00 Video Fitness
10:00 – 11:00 Tai Chi Class
1:30 – 2:30 Line Dance

THURSDAY, March 11

7:00 – 8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
9:00 – 10:00 Chinese Class
9:45 – 10:45 ESL Class
10:00 – 11:30 Strong Bones
12:30 – 2:00 Puzzle Time
1:00 – 2:00 Exercise Rm. A
2:30 – 4:00 Painting
5:00 Bingo
7:00 Caregivers

FRIDAY, March 12

7:00 – 8:30 Tai Chi
9:00 – 10:00 Video Fitness Rm. A
10:00 – 11:00 Tai Chi Class
11:00 – 1:00 Painting
1:15 – 2:45 Ballroom Dance

SATURDAY, March 13

8:00 – 1:00 pm The Senior Center is open for Morning
And Afternoon activities
Shopping to Shoprite / Bound Brook
8:00 – 9:00 Tai Chi Room A
9:00 – 10:00 Tai Chi Beginner
10:00 – 11:30 Strong Bones Exercise
10:00 – 12:00 Card Games
11:30 – 12:45 Dance Class

MONDAY, March 15

7:00 – 8:00 Tai Chi

8:00 – 9:00 Qi Gong
10:00 – 11:00 Yoga
10 :00 – 11:00 ESL Class
1:00 – 2:00 Exercise Class Rm. A
2:30 – 4:00 Strong Bones Ex.
5:00 Bingo
6:00 – 7:00 Pain Management Ex.
7:00 – 8:30 ROM & Self Defense

TUESDAY, March 16

7:00 – 8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
10:00 – 12:30 Wii Practice Rm. A
12:30 – 2:00 Silvertones
1:00 Mah Jong
5:00 Bingo
6:00 – 7:00 Pain Management Ex.
7:00 – 8:30 ROM & Self Defense

WEDNESDAY, March 17

7:00 – 8:00 Tai Chi
8:00 -9:00 Qi-Gong Ex. Class
St. Patrick's Day Party
11:00 – 1:00

THURSDAY, March 18

7:00 – 8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
8:30 – 11:30 Pandora's Treasures
9:00 – 10:00 Chinese Class
9:45- 10:45 ESL Class
10:00 – 11:30 Strong Bones
10:30 County Presentation
12:30 – 2:00 Puzzle Time
Silvertones to JFK Hartwycke
1:00 – 2:00 Exercise
2:30 – 4:00 Painting
5:00 Bingo
5:30 – 7:00 Sing & Dance
7:00 Garden Club
Dine Out: Olive Garden

FRIDAY, March 19

7:00 – 8:30 Tai Chi
8:30 – 10:30 Pandora's
9:00 – 10:00 Video Fitness A

10:00 – 11:00 Tai Chi Class
11:00 – 1:00 Painting
12:15 Movie Classic
1:15 – 2:45 Ballroom Dance

SATURDAY, March 20

8:00 – 1:00 The Senior Center is open for Morning & Afternoon activities
Shopping to Kohl's/Target
8:00 – 9:00 Tai Chi
9:00 – 10:00 Tai Chi Beginner
10:00 – 11:30 Strong Bones Exercise Class
11:30 – 2:30 Card Games
1:30-12:45 Dancing Class

MONDAY, March 22

7:00 – 8:00 Tai Chi
8:00 – 9:00 Qi-Gong
9:00 – 10:00 Video Fitness Rm. A
10:00 – 11:00 Yoga
10:00 Presentation
10:00 – 11:00 ESL Class
1:00 – 2:00 Exercise Class Rm. A
2:30 – 4:00 Strong Bones Ex.
5:00 Bingo
6:00 – 7:00 Pain Management Ex.
7:00 – 8:30 ROM & Self Defense

TUESDAY, March 23

7:00 – 8:00 Tai Chi
8:00 – 9:00 Tai Chi Beginner
8:30 – 10:00 Pandora's Treasures
9:00 – 10:00 Video Fitness
10:00 – 12:30 Wii Practice
12:30 – 2:00 Silvertones
1:00 Mah Jong

WEDNESDAY, March 24

7:00 – 8:00 Tai Chi
8:00 – 9:00 Qi-Gong Class
9:00 – 10:00 Video Fitness
9:30 – 11:00 Tai Chi Class
12:30 – 2:00 Birthday Party
1:00 – 2:00 Line Dance

THURSDAY, March 25

7:00 – 8:00 Tai Chi

8:00 – 9:00 Beginner Tai Chi
9:00 – 10:00 Chinese Class
9:45 – 10:45 ESL Class
10:00 – 10:30 Walking Group
10:00 – 11:30 Strong Bones
12:30 – 2:00 Puzzle Time
1:00 – 2:00 Exercise Rm. A
2:30 – 4:00 Painting
7:00 Historical Society

FRIDAY, March 26

7:00 – 8:00 Tai Chi
8:30 – 9:30 Video Fitness
8:30 – 10:30 Pandora's Treasures
9:30 – 10:30 PAASA
10:30 – 11:00 Tai Chi Room A
11:00 – 1:00 Painting Class
12:00 – 2:00 Movie Day
1:30 – 2:45 Ballroom Dance Class

SATURDAY, March 27

8:00 – 1:00 The Senior Center is open for Morning & Afternoon activities
Shopping to Stop N Shop / Kmart (Easton Ave.)
8:30 – 9:30 Tai Chi Room A
9:00 – 10:00 Tai Chi Beginner
10:00 – 11:30 Strong Bones Exercise Class
11:30 – 2:30 Card Games
11:30 – 12:45 Dance Class

MONDAY, March 29

7:00 – 8:00 Tai Chi
8:00 – 9:00 Video Fitness Rm. A
9:00 – 10:00 Video Fitness Rm. A
10:00 – 11:00 ESL Class
1:00 – 2:00 Exercise Class Rm. A
2:30 – 4:00 Strong Bones Ex.
5:00 Bingo
6:00 – 7:00 Pain Management Ex.
7:00 – 8:30 ROM & Self Defense

TUESDAY, March 30

7:00 – 8:00 Tai Chi
8:00 – 9:00 Beginner Tai Chi
9:00 – 10:00 Video Fitness
10:00 – 12:30 Wii Practice Rm A
12:30 – 2:00 Silvertones

1:00 Mah Jong (Beginners)

WEDNESDAY, March 31

7:00 – 8:00 Tai Chi

8:00 – 9:00 Qi-Gong Ex Class

9:00 – 10:00 Video Fitness

10:00 – 11:00 Tai Chi Class

1:00 – 2:00 Line Dance