












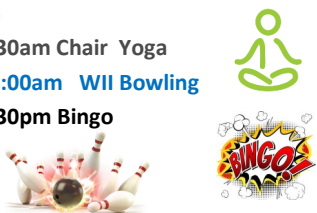





SYCAMORE SENIOR CENTER
290 Old Road, Port Reading



2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>For General Information or If you have any questions please call Sandra Dookhu 732-726-7087 or Email: Sandra.Dookhu@twp.woodbridge.nj.us</p>				
	<p><small>Mayor John R. McCormac</small> Township of Woodbridge <i>Senior Transportation Service</i></p>  <p>732-726-2394</p>	<p>1 10:00am Knitting/Crocheting 11:00am Port Reading/Sewaren Group Meeting</p> 	<p>2 10:00am Chair Meditation Flow 10:00am Knitting/Crocheting 12pm Mahjongg 1:00pm Woodbridge Group 1:00pm Knitting/Crocheting</p>	<p>3 9:30am Zumba Gold Standing 10:15am Pilates Chair 11:50am Basic Line Dancing 1:00pm Friday Card Game 2:00pm Adult Art Class</p>
<p>6 10:30 Computer Classes 10:45am Zumba Gold Standing 11:00am * Rummikub 1:00pm Mahjongg</p> 	<p>7 9:30am Chair Yoga 11:00am WII Bowling 1:30pm Bingo</p> 	<p>8 10:00am Knitting/Crocheting</p> 	<p>9 10:00am Chair Meditation Flow 10:00am Knitting/Crocheting 12pm Mahjongg 1:00pm Woodbridge Group 1:00pm Knitting/Crocheting</p>	<p>10 9:30am Zumba Gold Standing 10:15am Pilates Chair 11:50am Basic Line Dancing 1:00pm Friday Card Game 1:00pm Fords Group 2:00pm Adult Art Class</p>
<p>13 10:30 Computer Classes 10:45am Zumba Gold Standing 11:00am * Rummikub 1:00pm Mahjongg</p> 	<p>14 9:30am Chair Yoga 11:00am WII Bowling 1:30pm Bingo</p> 	<p>15 10:00am Knitting/Crocheting 11:00am Port Reading/Sewaren Group Meeting 10:30- Blood Pressure Screening</p> 	<p>16 10:00am Chair Meditation 10:00am Knitting/Crocheting 12:00pm Mahjongg 1:00pm Woodbridge Group 1:00pm Knitting/Crocheting</p>	<p>17 9:30am Zumba Gold Standing 10:15am Pilates Chair LUNCHEON 12-3PM CINCO DE MAYO</p> 
<p>20 10:30 Computer Classes 10:45am Zumba Gold Standing 11:00am * Rummikub 1:00pm Mahjongg 1:00 Movie day</p> 	<p>21 9:30am Chair Yoga 11:00am WII Bowling 1:30pm Bingo</p> 	<p>22 10:00am Knitting/Crocheting 1:00 pm AARP Meeting</p> 	<p>23 10:00am Chair Meditation 10:00am Knitting/Crocheting 12pm Mahjongg 1:00pm Woodbridge Group 1:00pm Knitting/Crocheting</p>	<p>24 9:30am Zumba Gold Standing 10:15am Pilates Chair 11:50am Basic Line Dancing 1:00pm Friday Card Game 2:00pm Adult Art Class Trip to :NY Botanical Gardens</p>
<p>27 Memorial Day</p> 	<p>28 9:30am Chair Yoga 11:00am WII Bowling 1:30pm Bingo</p> 	<p>29 10:00am Knitting/Crocheting</p> 	<p>30 10:00am Chair Meditation Flow 10:00am Knitting/Crocheting 12pm Mahjongg 1:00pm Knitting/Crocheting</p>	<p>31 9:30am Zumba Gold Standing 10:15am Pilates Chair 11:50am Basic Line Dancing 1:00pm Friday Card Game 2:00pm Adult Art Class</p>

John E. McCormac
Mayor



Dennis M. Green
Director of Health