

# Secaucus Mayor & Town Council present

# Secaucus Senior Calendar



VISIT OUR TOWN WEBSITE [WWW.SECAUCUSNJ.ORG](http://WWW.SECAUCUSNJ.ORG)

| ~ September 2010 ~   |  |  |  |   |   |   |
|--|--|--|--|---|---|---|
| Sun  | Mon  | Tue  | Wed  | Thu   | Fri   | Sat   |
| <b>Seniors with wheelchairs must make reservations for all trips</b>                     | <b>SHOP-RITE FOOD SHUTTLE MON. THRU THURSDAY</b>   | <b>Watch Channel 36 for important town information</b>                                       | <b>1</b><br>10:00 Water Aerobics<br>1:00 Card Club<br>1:00 Crow's Nest | <b>2</b><br>9:00 Jersey Gardens<br>10:00 Light & Lively Aerobics<br>12:30 Golden Age Meeting                                    | <b>3</b><br>10:30 Wii-instruction<br><br>12:30 Bingo  | <b>4</b><br>Pickups start at 9:00<br><br>WAL*MART Saddlebrook<br>No in-town bus service today                   |
| <b>5</b><br>8:10 Church<br><br>Pickups start at 11:05<br>STYERTOWN PLAZA & CLIFTON ACME  | <b>6</b><br>Center closed For LABOR DAY  | <b>7</b><br>9:00 Demarest Farms<br>12:30 Bingo<br>1:00 H-Mart                                | <b>8</b><br>10:00 Water Aerobics<br>1:00 Card Club<br>1:00 Segovia     | <b>9</b><br>9:00 Willowbrook Mall<br>10:00 Light & Lively Aerobics<br>12:30 Card Club   | <b>10</b><br>10:30 Wii-instruction<br><br>12:30 Bingo   | <b>11</b> 8:30 9-11 Ceremony<br>Secaucus Public Library<br>Pickups start at 8:00 for WAL*MART & MILL CREEK MALL |
| <b>12</b><br>8:10 Church<br>Pickups start at 11:05<br>LYNDHURST SUPER STOP & SHOP        | <b>13</b><br>9:30 Yoga<br>11:00 Osteo-Strong<br><br>12:30 Bingo                                    | <b>14</b><br>9:00 Trader Joe's<br>10:00 Easy Fitness<br>12:30 Bingo<br>1:00 Columbia Park    | <b>15</b><br>10:00 Water Aerobics<br>1:00 Card Club<br>1:00 Rutt's Hut | <b>16</b><br>9:00 Paramus Park<br>10:00 Light & Lively Aerobics<br>12:30 Card Club  | <b>17</b><br>10:30 Wii-instruction<br><br>12:30 Bingo   | <b>18</b><br>Pickups start at 8:00 for WAL*MART & MILL CREEK MALL<br>Xchange Celebration                        |
| <b>19</b><br>8:10 Church<br><br>Pickups start at 11:05<br>STYERTOWN PLAZA & CLIFTON ACME | <b>20</b><br>9:30 Yoga<br><br>10:00 Gardening Class<br>11:00 Osteo-Strong<br><br>12:30 Bingo       | <b>21</b><br>9:00 I-HOP<br>10:00 Easy Fitness<br>12:30 Bingo<br>1:00 Belleville Dollar Store | <b>22</b><br>10:00 Water Aerobics<br>11:00 Movie Theater Kerasotes     | <b>23</b> 9:00 Bergen Mall NHCAC*<br>9:30 – 12:00 Kroll<br>1:00 – 3:30 Elms<br>10:00 Light & Lively Aerobics<br>12:30 Card Club | <b>24</b> 10:30 Kipnis NHCAC*<br>11:00 – 1:00 Senior Center<br>12:30 Birthday Bingo<br>9:30-3:30 Prostate Screening | <b>25</b><br>Pickups start at 8:00 for WAL*MART & MILL CREEK MALL<br>10:00 Secaucus Library Mini Fair           |
| 8:10 Church<br>Pickups start at 11:05<br>LYNDHURST SUPER STOP & SHOP                     | <b>27</b><br>9:30 Yoga<br>11:00 Osteo-Strong<br>5:00 Doors Open<br>6:00 BINGO<br>Reserve Your Seat | <b>28</b><br>9:00 Palisade Center Mall<br>10:00 Easy Fitness<br>12:30 Bingo                  | <b>29</b><br>10:00 Water Aerobics<br>1:00 Card Club<br>1:00 Biggie's   | <b>30</b><br>9:00 Alstede Farms<br>10:00 Light & Lively Aerobics<br>12:30 Card Club   | <b>Notes:</b><br><b>EVERY WEDNESDAY 9:00 WAL*MART &amp; MILL CREEK MALL</b>   |   |

**RESERVATIONS ARE REQUIRED FOR ALL SHOPPING TRIPS 201-865-4422**

**Please call 201-330-2014 for any social services needs.**

