



MAYOR NICHOLAS J. SACCO
COUNCIL ON AGING
PROUDLY PRESENTS
EVENTS FOR:

July 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00	3 Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am	4 HOLIDAY INDEPENDENCE DAY 	5 Regular Shopping Trips 8:45am-3:00pm EXERCISE 9:30am-10:30am MOVIE NUTRITION CENTER 10:30am-12:30pm	6 Regular Shopping Trips 8:45am-3:00pm BIRTHDAY BINGO 11am-1pm CHI-KUNG with Pedro 9:15am - 10:30am	7 EMPIRE CITY YONKERS 8:30am-5:30pm
8	9 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00	10 Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am BOAT RIDE LOTTERY @ NUTRITION CENTER 11am - 11:30am	11 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO LUNCHEON 11am-1pm	12 Regular Shopping Trips 8:45am-3:00pm EXERCISE 9:30am-10:30am MOVIE NUTRITION CENTER 10:30am-12:30pm	13 Regular Shopping Trips 8:45am-3:00pm HUDSON COUNTY BOAT RIDE	14 MONMOUTH PARK RACE TRACK 11am-6pm \$2.00pp
15	16 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00	17 Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am	18 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am NEWPORT MALL 9am-2pm 	19 Regular Shopping Trips 8:45am-3:00pm EXERCISE 9:30am-10:30am MOVIE NUTRITION CENTER 10:30am-12:30pm	20 Regular Shopping Trips 8:45am-3:00pm BINGO LUNCHEON 11am-1pm CHI-KUNG with Pedro 9:15am - 10:30am	21 WOODBRIIDGE MALL 10am-4pm
22 POINT PLEASANT 10am-6pm	23 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00	24 Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am	25 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO LUNCHEON 11am-1pm	26 Regular Shopping Trips 8:45am-3:00pm EXERCISE 9:30am-10:30am MOVIE NUTRITION CENTER 10:30am-12:30pm	27 Regular Shopping Trips 8:45am-3:00pm FREE MOVIE 	28 EMPIRE CITY YONKERS 8:30am-5:30pm
29	30 Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00	31 Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am			Senior Transportation Call: 201-869-9595 Senior Events Questions Call: 201-392-2159 NUTRITION CENTER 1441 45TH ST (201) 866-8791	