











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

December 2018



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Senior Events Transportation Call: 201-392-2157</p> <p>Senior Events Questions Call: 201-392-2159</p> <p>NUTRITION CENTER 1441 45TH ST (201) 866-8791</p>						<p>1</p> <p>GARDEN STATE PLAZA/ CHRISTMAS TREE SHOPPE 10am-4pm</p> 
<p>2</p>	<p>3</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00</p>	<p>4</p> <p>Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am BINGO LUNCHEON 11am-1pm</p>	<p>5</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:30am BERGEN TOWN CENTER 10am-2pm</p>	<p>6</p> <p>Regular Shopping Trips 8:45am-3:00pm MOVIE NUTRITION CENTER 10:30am-12:30pm EXERCISE CLASS 9:30am-10:30am</p>	<p>7</p> <p>Regular Shopping Trips 8:45am-3:00pm BIRTHDAY BINGO 11am-1pm CHI-KUNG with Pedro 9:15am - 10:30am</p>	<p>8</p> <p>EMPIRE CITY YONKERS 8:30am-5:30pm</p> 
<p>9</p> <p>KOHL'S/MARHALL'S 10am-2pm</p> 	<p>10</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00</p>	<p>11</p> <p>Regular Shopping Trips 8:45am-3:00pm EXERCISE CLASS 9:15am BINGO LUNCHEON 11am-1pm</p>	<p>12</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO LUNCHEON 11am-1pm</p>	<p>13</p> <p>Regular Shopping Trips 8:45am-3:00pm MOVIE NUTRITION CENTER 10:30am-12:30pm EXERCISE CLASS 9:30am-10:30am</p>	<p>14</p> <p>Regular Shopping Trips 8:45am-3:00pm FREE MOVIE</p> 	<p>15</p>
<p>16</p> <p>EMPIRE CITY YONKERS 8:30am-5:30pm</p> 	<p>17</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO 11am-1pm LUNCH SPECIAL \$1.00</p>	<p>18</p> <p>Regular Shopping Trips 8:45am-3:00pm CHRISTMAS PARTY NUTRITION CENTER 9am-12:30pm</p>	<p>19</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:30am RANCHO MATEO 1pm-3pm \$17pp</p> 	<p>20</p> <p>Regular Shopping Trips 8:45am-3:00pm MOVIE NUTRITION CENTER 10:30am-12:30pm EXERCISE CLASS 9:30am-10:30am</p>	<p>21</p> <p>Regular Shopping Trips 8:45am-3:00pm BINGO LUNCHEON 11am-1pm CHI-KUNG with Pedro 9:15am - 10:30am</p>	<p>22</p>
<p>23</p>	<p>24</p> <p>Regular Shopping Trips 8:45am-1:00pm TAI-CHI 9:30am</p>	<p>25</p> <p>HOLIDAY CHRISTMAS DAY</p> 	<p>26</p> <p>Regular Shopping Trips 8:45am-3:00pm TAI-CHI 9:45am BINGO LUNCHEON 11am-1pm</p>	<p>27</p> <p>Regular Shopping Trips 8:45am-3:00pm MOVIE NUTRITION CENTER 10:30am-12:30pm EXERCISE CLASS 9:30am-10:30am</p>	<p>28</p> <p>Regular Shopping Trips 8:45am-3:00pm FREE MOVIE</p> 	<p>29</p>
<p>30</p>	<p>31</p> <p>Regular Shopping Trips 8:45am-1:00pm TAI-CHI 9:30am</p>					