



Lawrence Township Office on Aging Senior Center Calendar



LAWRENCE TOWNSHIP SENIOR CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May is Older Americans Month (OAM), a time to honor and appreciate the wisdom, resilience and contributions of our older population. The 2024 theme is <i>Powered by Connection</i>, which recognizes the profound impact that meaningful relationships and social connections have on our health and well-being.</p>						
<p>5</p>	<p>6</p> <p>EXERCISE - 9 AM</p> <p>ACRYLIC ART - 10:00 AM</p> <p>TAI-CHI - 10:30 AM</p> <p>MAH-JONGG - 1:00 PM</p>	<p>7</p> <p>DUPLICATE BRIDGE - 9 AM</p> <p>CONNECT WITH NATURE - WALK AT TULPEHAKING NATURE CENTER AT 9:30 AM</p> <p>CLUB #1 - 10:00 AM</p> <p>SCULPTURE CLASS - 1:00 PM</p> <p>HEALTHY BONES 1:30 PM</p>	<p>1</p> <p>TASTE OF SPRING BREAKFAST SPONSORED BY CLOVER MEADOWS (OFF-SITE)</p> <p>LINE DANCE - 9:30 AM</p> <p>BUSY BEES - 12:30 PM</p> <p>LAWRENCEVILLE STUDENT TECH HELP 1:00 - 3:00 PM</p> <p>MEMOIR WRITING - 2 PM</p>	<p>2</p> <p>EXERCISE - 9 AM</p> <p>RUMMIKUB - 1:00 PM</p> <p>WALK WITH EASE 1:00 PM</p>	<p>3</p> <p>YOGA 9 - 10 AM</p> <p>LINE DANCE 10 - 11 AM</p> <p>WATERCOLOR FREESTYLE - 10 AM</p> <p>BINGO 1 - 3 PM</p>	<p>4</p>
<p>12</p>	<p>13</p> <p>EXERCISE - 9 AM</p> <p>HONORING MOTHERS 10:30AM</p> <p>ACRYLIC ART - 10:00 AM</p> <p>TAI-CHI - 10:30 AM</p> <p>MAH-JONGG - 1:00 PM</p>	<p>14</p> <p>DUPLICATE BRIDGE - 9 AM</p> <p>CLUB #2 - 10:00 AM</p> <p>SCULPTURE CLASS - 1:00 PM</p> <p>HEALTHY BONES 1:30 PM</p>	<p>8</p> <p>LINE DANCE - 9:30 AM</p> <p>EXECUTIVE COMMITTEE MEETING 9:30 AM</p> <p>BUSY BEES - 12:30 PM</p> <p>LAWRENCEVILLE STUDENT TECH HELP 1:00 - 3:00 PM</p> <p>MEMOIR WRITING - 2 PM</p>	<p>9</p> <p>EXERCISE - 9 AM</p> <p>RUMMIKUB - 1:00 PM</p> <p>WALK WITH EASE 1:00 PM</p> <p>PEOPLE & STORIES (MINI SERIES) 1:30 - 3:00 PM</p>	<p>10</p> <p>YOGA 9 - 10 AM</p> <p>LINE DANCE 10 - 11 AM</p> <p>WATERCOLOR FREESTYLE - 10 AM</p> <p>POETRY AT MC LIBRARY 1PM</p> <p>BINGO 1 - 3 PM</p>	<p>11</p> <p>MAY 11TH NOTRE DAME HIGH SCHOOL INTERGENERATIONAL PROM AT NOTRE DAME HIGH 5:00 - 8:00 PM</p>
<p>19</p> <p>It is not to late to sign-up for the Connect with Nature Walk on May 7th at 9:30! Visit or call for more infomation.</p>	<p>20</p> <p>EXERCISE - 9 AM</p> <p>ACRYLIC ART - 10:00 AM</p> <p>TAI-CHI - 10:30 AM</p> <p>MAH-JONGG - 1:00 PM</p>	<p>21</p> <p>DUPLICATE BRIDGE - 9 AM</p> <p>CLUB #1 - 10:00 AM</p> <p>SCULPTURE CLASS - 1:00 PM</p> <p>HEALTHY BONES 1:30 PM</p>	<p>22</p> <p>LINE DANCE - 9:30 AM</p> <p>BUSY BEES - 12:30 PM</p> <p>MEMOIR WRITING - 2 PM</p>	<p>23</p> <p>EXERCISE - 9 AM</p> <p>RUMMIKUB - 1:00 PM</p> <p>WALK WITH EASE 1:00 PM</p>	<p>24</p> <p>YOGA 9 - 10 AM</p> <p>LINE DANCE 10 - 11 AM</p> <p>WATERCOLOR FREESTYLE - 10 AM</p> <p>BINGO 1 - 3 PM</p>	<p>25</p> <p>MEMORIAL DAY PRADE AT 9:00 AM STARTS AT LAWRENCE HIGH SCHOOL</p>
<p>26</p> <p>Exercise, Yoga and Tai-Chi Classes are now at the Lawrence Community Center</p>	<p>27</p> <p>TOWNSHIP OFFICES & SENIOR CENTER CLOSED</p>	<p>28</p> <p>DUPLICATE BRIDGE - 9 AM</p> <p>CLUB #2 - 10:00 AM</p> <p>SCULPTURE CLASS - 1:00 PM</p> <p>HEALTHY BONES 1:30 PM</p>	<p>29</p> <p>LINE DANCE - 9:30 AM</p> <p>BUSY BEES - 12:30 PM</p> <p>MEMOIR WRITING - 2 PM</p>	<p>30</p> <p>EXERCISE - 9 AM</p> <p>RUMMIKUB - 1:00 PM</p> <p>WALK WITH EASE 1:00 PM</p>	<p>31</p> <p>YOGA 9 - 10 AM</p> <p>LINE DANCE 10 - 11 AM</p> <p>WATERCOLOR FREESTYLE - 10 AM</p> <p>BINGO 1 - 3 PM</p> <p>SENIOR PROM 6 - 9 PM</p>	<p>LAWRENCE HIGH SCHOOL INTERGENERATIONAL PROM AT LAWRENCE HIGH</p>

30 East Darrah Lane, Lawrence NJ
Phone: 609-844-7048
 Office Hours: 8:30 - 4:30 pm
 www.lawrencetwp.com

Lillian LaSalle, Executive Director
 llasalle@lawrencetwp.com

Natasha Pacera, Recreation Leader
 npacera@lawrencetwp.com

TRANSPORTATION SERVICES
 Senior Van available weekdays between 8:30 AM to 3:00 PM. By appointment only - Must call 48 hours in advance. For Lawrence Township Residents 60+. Van Service only transports local.

REGISTRATION

Pre-Registration is required for ALL Senior Center Programs by calling or visiting the center. Programs for Lawrence Twp. Seniors 60 years and older.

MERCER COUNTY NUTRITION HOT LUNCHES

MON. WED. THURS. AND FRI.
No Nutrition on Tuesdays
 9:15 AM - Coffee

PLEASE Sign-in for meal by 10:45 AM

Pre-Registration Required
 Please call
 (609) 883-8085 OR (609) 989-6650
 Site Manager: Vanessa Banks

SIGN UP FOR ACTIVITIES

Walk with Ease, Connect with Nature, People & Stories (Mini Series), Norte Dame High School Senior Prom, Lawrence High School Senior Prom, Lawrenceville Student Tech Help and Memorial Day Parade

Walk with Ease
 Thursdays at 1:00 PM

May 2nd, 9th, 16th, 23th, 30th & June 6th
 Meet at Colonial Lake 100 Bridge Dr. Lawrence, NJ

Improve Balance, Reduce Pain, Build up stamina, strength, & walking pace!

People & Stories (Summer Mini Series)
 May 9th, June 13th, July 11th & August 15th at 1:30 PM

The group will meet once a month on Thursdays for a 90-minute session. The coordinator reads the story aloud while group participants follow with their own printed copy. After reading the short story, members will discuss and share opinions.

Senior Prom
 Call or Visit the Senior Center to Sign-Up

Notre Dame Prom for Seniors
 May 11 from 5:00 - 8:00 PM
 601 Lawrence Road

Lawrence Prom for Seniors
 May 31 from 6:00 - 9:00 PM
 2525 Princeton Pike

Sign up for Memorial Day Parade!
 Saturday, May 25th 9:00 AM

Come on out and represent our Senior Center! For registered Lawrence Senior's 60+. Meet us at the Lawrence High School at 9:00 AM. Call or visit the Senior Center to sign up or for more information.