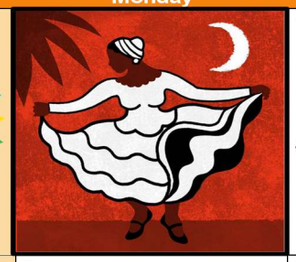
OCTOBER

Lawrence Township Office on Aging
Senior Center Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
HISPANIC HERITAGE MONTH		1 DUPLICATE BRIDGE - 9 AM CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 TO 3:00 PM HEALTHY OUTLOOKS TALK 2:30 - 3:30 PM	2 LINE DANCE - 9:30 AM TALK FROM PARK NATURALIST 10:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2:00 PM LVILLE STUDENT TECH HELP 3:30 - 4:30 PM	3 EXERCISE - 9:00 AM Wii GAMES - 10:00 AM INTERGENERATIONAL CRAFT WITH ZERA! 10:00 AM HEALTHY BONES 1:00 TO 2:30 PM PEOPLE & STORIES 1:30 - 3:00 PM	4 YOGA 9 - 10 AM LINE DANCE 10 - 11 AM WATERCOLOR FREESTYLE - 10 AM HEALTH DEPT. OUTREACH 10:30 AM BINGO 1 - 3 PM	5 LAWRENCE TOWNSHIP COMMUNITY FUN DAY! AT CENTRAL PARK 12:00 - 4:00 PM
6	7 EXERCISE - 9:00 AM ACRYLIC ART - 10:00 AM Wii GAMES - 10:00 AM TAI-CHI - 10:30 AM MAH-JONGG - 1:00 PM	8 DUPLICATE BRIDGE - 9 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 TO 3:00 PM	9 LINE DANCE - 9:30 AM EXECUTIVE COMMITTEE MEETING 9:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2:00 PM LVILLE STUDENT TECH HELP 3:30 - 4:30 PM	10 EXERCISE - 9:00 AM Wii GAMES - 10:00 AM HISPANIC HERITAGE MONTH CELEBRATION 10:00 AM - NOON HEALTHY BONES 1:00 TO 2:30 PM PEOPLE & STORIES 1:30 - 3:00 PM	11 YOGA 9 - 10 AM LINE DANCE 10 - 11 AM WATERCOLOR FREESTYLE - 10 AM HEALTH DEPT. OUTREACH 10:30 AM BINGO 1 - 3 PM	12
13	14 HAPPY COLUMBUS DAY TOWNSHIP OFFICES & SENIOR CENTER CLOSED	15 DUPLICATE BRIDGE - 9 AM CONNECT WITH NATURE! FALL FOLIAGE WALK 9:30 - 11:00 AM AT TULPEHAKING NATURE CENTER CLUB #1 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 TO 3:00 PM	16 LINE DANCE - 9:30 AM PARTNERS FOR A DRUG FREE NJ TALK 10:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2:00 PM LVILLE STUDENT TECH HELP 3:30 - 4:30 PM	17 EXERCISE - 9:00 AM Wii GAMES - 10:00 AM HEALTH DEPT. DRIVE-THRU FLU CLINIC 12:45 - 2:45 PM PEOPLE & STORIES (Library Room 3) 1:30 - 3:00 PM	18 YOGA 9 - 10 AM LINE DANCE 10 - 11 AM WATERCOLOR FREESTYLE - 10 AM WEAR PINK DAY! BREAST CANCER AWARENESS HEALTH DEPT. OUTREACH 10:30 AM BINGO 1 - 3 PM	19 THINK PINK October is Breast Cancer Awareness Month! SUPPORT THE FIGHT!
20	21 EXERCISE - 9:00 AM ACRYLIC ART - 10:00 AM Wii GAMES - 10:00 AM TAI-CHI - 10:30 AM MAH-JONGG - 1:00 PM MATTER OF BALANCE 1:00 PM	22 DUPLICATE BRIDGE - 9 AM CLUB #2 - 10:00 AM SCULPTURE CLASS - 1:00 PM HEALTHY BONES 1:30 TO 3:00 PM	23 LINE DANCE - 9:30 AM VISIT FROM MERCER COUNTY CLERK 10:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2:00 PM TBD STUDENT TECH	24 EXERCISE - 9:00 AM Wii GAMES - 10:00 AM HEALTHY BONES 1:00 TO 2:30 PM PEOPLE & STORIES 1:30 - 3:00 PM	25 YOGA 9 - 10 AM LINE DANCE 10 - 11 AM WATERCOLOR FREESTYLE - 10 AM BINGO 1 - 3 PM	26
27	28 EXERCISE - 9:00 AM ACRYLIC ART - 10:00 AM Wii GAMES - 10:00 AM TAI-CHI - 10:30 AM MAH-JONGG - 1:00 PM MATTER OF BALANCE 1:00 PM	29 Well-O-Ween Health Fest 10:00 AM – 12:30 NO SCULPTURE CLASS NO HEALTHY BONES	30 LINE DANCE - 9:30 AM BUSY BEES - 12:30 PM MEMOIR WRITING - 2:00 PM LVILLE STUDENT TECH HELP 3:30 - 4:30 PM	31 EXERCISE - 9:00 AM Wii GAMES - 10:00 AM HEALTHY BONES 1:00 TO 2:30 PM PEOPLE & STORIES 1:30 - 3:00 PM	Happy HaZeWeen Well-O-Ween Health Fest: SIGN-UP & REGISTER LUNCH & LEARN TREATS, SNACKS & PRIZES HEALTH INFORMATION & SCREENINGS MINI MASSAGES COSTUME CONTEST	

PLEASE SEE OTHER SIDE FOR ACTIVITY/ PROGRAM HIGHLIGHTS →

LAWRENCE TOWNSHIP SENIOR CENTER

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 & activities 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: LaRhonda Davis

SIGN UP FOR ACTIVITIES

Lawrenceville Student Tech Help, Hispanic Heritage Month Celebration,Connect with Nature Program, Matter of Balance and Well-O-Ween Health Fair!