



**TOWNSHIP OF LAWRENCE  
OFFICE ON AGING**  
October 2024 Senior Center  
Program and Activity Highlight



(Closed Monday, October 14<sup>th</sup> for Columbus Day)

**EXERCISE CLASS** Monday & Thursday 9:00 AM Exercise Class will continue at the Senior Center.

**TAI-CHI AND YOGA SESSIONS** will also be continuing at the Senior Center.

**LAWRENCEVILLE SCHOOL STUDENT TECH HELP – Wednesdays from 3:30 – 4:30 PM**

Starting October 2<sup>nd</sup> the students are back at the Senior Center and ready to help with any technology questions you have! If you need computer help, phone/ tablet or any tech questions, the Lawrenceville School students will gladly help you work out your technology issues. Please sign up!

**LAWRENCE TOWNSHIP COMMUNITY DAY & FOOD TRUCK FESTIVAL! – Sat., Oct. 5<sup>TH</sup> 12:00 – 4:00 PM**

Join us for Lawrence Township Community Day 2024! Location: Central Park in Lawrence Township (Eggerts Crossing Road across from the Armory), with a rain date of October 6<sup>th</sup>. It is going to be a day full of fun, food, and community spirit! Enjoy live music, food trucks, local vendors, craft vendors, and a pumpkin painting contest. Also, don't miss the yard sale area, where residents will be selling their unique treasures!

**HISPANIC HERITAGE MONTH CELEBRATION – Thursday, October 10<sup>th</sup> 10:00 AM to Noon**

Come out to the Senior Center to celebrate and honor the many accomplishments of Latinas and Latinos have contributed to our nation's history! We will have salsa music, Latin dancing lessons, some Hispanic treats and cultural displays.

**CONNECT WITH NATURE! – Tuesday, October 15<sup>th</sup> 9:30 – 11:00 AM**

Fall Foliage Walk Program at Tulpehaking Nature Center. Enjoy a leisurely walk around Spring Lake to enjoy the colors of the changing season (Trail is not ADA compliant) Sign up at the Senior Center! Limited transportation provided.

**MATTER OF BALANCE – Mondays starting October 21<sup>st</sup> from 1:00 – 2:30 PM**

"Fall Prevention Program" 8-week program to help improve balance, enhances flexibility, strength and reduces fear of falling. The program Coordinator: Linda Buckley, RN with Henry J. Austin Center of Wellness.

**HEALTH DEPARTMENT OUTREACH – Fridays Oct. 4<sup>th</sup>, 10<sup>th</sup>, and 18<sup>th</sup> from 10:30 – 11:30 AM**

The Lawrence Health Department will be at the center to help you register for the upcoming Drive-Thru Flu Clinics on October 17<sup>th</sup> (12:45 – 2:45 PM) and November 14<sup>th</sup> (1:30 – 3:30 PM). October 18<sup>th</sup> wear **PINK** for Breast Cancer Awareness Month. The Health Department will also be providing information on Breast Cancer Awareness.

**VISIT FROM MERCER COUNTY CLERK – Wednesday, Oct, 23<sup>rd</sup> at 10:30 AM**

Mercer County Clerk will discuss the services provided by her office including: Property Recording, Notary Public, Passport Services and Elections. She will discuss the property alert service designed to prevent property fraud schemes. She will also discuss the upcoming election date; the importance of voting and the three ways to vote in NJ: Vote by Mail, early voting and voting at the polls.

**WELL-O-WEEN HEALTH FEST – Tuesday, October 29<sup>th</sup> 10:00 AM – 12:30 PM**

Healthy Tricks for your Halloween treat! Come join us for FREE health information and screenings of Oral Health, Vision, Blood Pressure, Balance & more. Mini massages by a licensed Massage and Bodywork Therapist. 11:30 AM Lunch and Learn with Doctor Mahmood Siddique, Quadruple Board-Certified Physician. Dress up in your BEST Halloween Costume for a costume contest too! Sign up!

**Lawrence residents 60 and older are welcome to participate in ongoing activities at the Senior Center which include Exercise Class, Acrylic Art Class, Watercolor Freestyle Class, Mah-Jongg, Busy Bees, Duplicate Bridge, Club 1 & 2, Line Dancing, Memoir Writing Class, Rummikub and Bingo! Please contact the Lawrence Senior Center or visit us to register for programs! 609-844-7048**