



TOWNSHIP OF LAWRENCE
OFFICE ON AGING
APRIL 2025 Senior Center
Program and Activity Highlights



(SENIOR CENTER AND MUNICIPAL BUILDING CLOSED APRIL 18TH)

Open Registration for Yoga and Tai Chi Classes

\$24.00 for 8-weeks! Spaces are limited and classes fill quickly. Please stop by the center to register and pay.

Senior Outing to Tulpehaking Nature Center: Tuesday, April 1st at 9:30 AM

The senior van leaves at 9:15 AM. Learn to identify the many species of birds visiting our birdfeeders and how observing them is good for you mental and physical well-being.

Chinese Calligraphy Class: Thursdays, April 3rd to 24th from 10:30 – 11:30 PM

Learn the art of Chinese calligraphy in this 4-week class! You will need to bring a Chinese calligraphy brush, ink and an ink stone for class.

Health Department Outreaches: Fridays, April 11th & 25th from 10:30 -11:30 AM

Nurse and Outreach Worker will be at the Senior Center to provide blood pressure screenings, weight checks and health information.

Bereavement Support Group: Mondays, April 7th to June 9th from 1:00 – 3:00 PM

If you have lost someone recently or in the pass please feel free to join this 8-week support group at the senior center with Doctor Marella McMillon Holmes Associate Minister from Shiloh Baptist Church.

Senior Medicare Patrol of NJ Scam Talk: Wednesday, April 9th at 10:45 AM

MEDICARE/Medicaid fraud, waste and abuse. Learn how it affects YOUR Health Care and how to save \$\$\$ with Guest Speaker Joel Schneider.

Poetry Group: Friday, April 11th at 1:00 PM

Interested in poetry or want to join people who love poetry? Then join the Lawrence senior group that meets at the Lawrence Library every 2nd Friday of the month.

Senior Walking with Ease Group: Tuesdays, April 15th to May 20th at 11:00 AM

Join the Lawrence senior walking group! We meet at Colonial Lake Park (100 Bridge Drive) first parking lot when you pull in. Make new friends, birdwatch as you walk and benefit from the exercise of walking! Lead by Linda Buckley, RN with Henry J. Austin. Bagged lunches will be provided! Please sign up at center in advance.

Volunteer Appreciation Event & Pizza Party: Thurs., April 24th from 1:00 – 3:00 PM

In honor of our Senior Center volunteers, join us for a pizza party and karaoke with DJ Carols Hendricks! Local agencies will be on hand to share information on volunteer opportunities! Please sign up for this event.

NJ Property Tax Relief Application Assistance with AARP: Tues., April 29th 12:00 PM

This will be a short presentation on the NEW NJ Tax Relief application (PAS-1). Assistance in filling out the forms will be provided. Sign up if you need assistance. Call the senior center to see what documents are needed.

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