**BLOOMINGDALE SENIOR CENTER**

**SEPTEMBER 2014 CALENDAR**

Monday, September 1st **LABOR DAY CENTER CLOSED**

Tuesday, September 2nd **NO CHAIR AEROBICS**

Wednesday, September 3rd **NO ZUMBA GOLD**

Thursday, September 4th **NO CHAIR AEROBICS**

1:00 p.m. Library Moves – Bears – Real Life Alaskan Bears

5:00 p.m. Chair Yoga

Friday, September 5th 11:00 a.m. **Lunch & Horseracing**

2:00 p.m. Cards

Sunday, September 7th 1:00 p.m. Cards

Monday, September 8th 3:00 p.m. Aerobics

Tuesday, September 9th 10:30 a.m. Chair Aerobics

1:30 p.m. Golden Age Club Meeting

Wednesday, September 10th 9:00 a.m. Bloomingdale Seniors on the Move Walk and

Breakfast **– Advanced Care at Llainfair /an Elder Law Attorney**

3:00 p.m. Aerobics

Thursday, September 11th 10:30 a.m. Chair Aerobics

5:00 p.m. Chair Yoga

Friday, September 12th 9:30 a.m. Mahjongg

1:00 p.m. Cards

Sunday, September 14th **WILDWOOD TRIP** - Bus Leaves at 9:00 a.m.

1:00 p.m. Cards

Monday, September 15th 3:00 p.m. Aerobics

Tuesday, September 16th 10:30 a.m. Chair Aerobics

Wednesday, September 17th 9:00 a.m. Bloomingdale Seniors on the Move Walk

10:00 a.m. Zumba Gold

3:00 p.m. Aerobics

Thursday, September 18th 10:30 a.m. Chair Aerobics

5:00 p.m. Chair Yoga

Friday, September 19th 9:30 a.m. Mahjongg

1:00 p.m. Cards

Sunday, September 21st 1:00 p.m. Cards

Monday, September 22nd 3:00 p.m. Aerobics

Tuesday, September 23rd 10:30 a.m. Chair Aerobics

1:30 p.m. Golden Age Club Meeting – Flu Shots

Lunch compliments of Milford Manor

Wednesday, September 24th 9:00 a.m. Bloomingdale Seniors on the Move Walk

10:00 a.m. Zumba Gold

3:00 p.m. Aerobics

Thursday, September 25th  8:00 a.m. **Lakota Wolves, Winery & Preserve**

10:30 a.m. Chair Yoga

1 & 7 p.m. Library Movie – Blended

5:00 p.m. Chair Yoga

Friday, September 26th 9:30 a.m. Mahjongg

1:00 p.m. Cards

Sunday, September 28th 1:00 p.m. Cards

Monday, September 29th 3:00 p.m. Aerobics

Tuesday, September 30th 10:30 a.m. Chair Aerobics

1:30 p.m. **Bingo & Pizza**

**PLEASE NOTE CHANGE IN BSOM BREAKFAST FROM 1ST TO 2ND WEDNESDAY.**

My phone number is (973) 838-9259. Please call ahead to make sure I’m in the office.

To make reservations for lunch, please call Theresa at (973) 835-4433 one day prior to make reservations.