

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Virtual Legend</b>  <b>CC- Conference Call</b>  <b>FB- Facebook</b>  <b>TMS- Teams</b></p>	<p><b>In Person Legend</b>  <b>Chrs- Cheers</b>  <b>GD- Garden</b>  <b>IH- In House</b>                      All fitness classes are in the large gym. Please bring your own weights/mats etc.</p>		<p><b>Senior Advisory Council</b> 1  <b>10:30 am</b>                      email <a href="mailto:cgreenbe@sbtnj.net">cgreenbe@sbtnj.net</a> for link.  <b>All invited to join TMS</b>                      10:00 TAI CHI- (permanent time change)                      2:00 WHAT'S ON YOUR MIND?- Chrs</p>	<p>2                      10:30 BODY SCULPTING                      11:30 NO BINGO- CC</p>
<p><b>SENIOR CENTER CLOSED</b> 5  </p>	<p>6                      10:00 BOLLYX                      10:30 NO BOOK CLUB- CC                      11:00 NOW &amp; ZEN IN                      12:30 REPURPOSING ART- FB</p>	<p>7                      10:00 ZUMBA                      10:30 Art Lee Garden Talk Q&amp;A - GD                      1:30 WRITE AWAY- Aud                      2:30 NO PODCAST- Chrs</p>	<p>8                      9:15 NO NOW &amp; ZEN- TMS                      10:00 TAI CHI                      10:30 NO WHAT'S ON YOUR MIND?                      2:00 WORD GAMES- Aud.</p>	<p>9                      10:30 BODY SCULPTING                      11:30 BINGO- CC</p>
<p>12                      10:45 BODY SCULPTING                      11:30 BINGO- Aud.</p>	<p>13                      10:00 BOLLYX                      10:30 BOOK CLUB- Cheers                      11:00 NOW &amp; ZEN- IH                      12:30 REPURPOSING ART- FB</p>	<p>14                      9:00 \$ TRIP - WALMART                      10:00 – 12:00 KNITTING - Cheers                      10:00 ZUMBA                      11:30 GARDEN TIPS- FB                      1:30 WRITE AWAY - Aud                      2:30 PODCAST- Chrs</p>	<p>15                      9:15 NO NOW &amp; ZEN- TMS                      10:00- TAI CHI                      10:30 WHAT'S ON YOUR MIND?- Chrs                      2:00 LADDERBALL- Aud.</p>	<p>16                      10:30 BODY SCULPTING                      11:30 BINGO- CC</p>
<p>19                      10:45 BODY SCULPTING                      11:30 BINGO- Aud.</p>	<p>20                      10:00 BOLLYX                      10:30 BOOK CLUB- Cheers                      11:00 NOW &amp; ZEN- IH                      12:30 REPURPOSING ART- FB</p>	<p>21                      10:00 – 12:00 KNITTING – Cheers                      10:00 ZUMBA                      11:00 Program on NJ SAVES (for seniors) Presented by Dennis McGowan- Aud.                      11:30 GARDEN TIPS- FB                      1:30 WRITE AWAY- Aud.                      2:30 PODCAST- Chrs</p>	<p>22                      9:15 NOW &amp; ZEN- TMS                      10:00- TAI CHI                      10:30 WHAT'S ON UR MIND?- Chrs                      2:00 ADULT COLORING- Chrs</p>	<p>23                      10:30 BODY SCULPTING                      11:30 BINGO- CC</p>
<p>26                      10:45 BODY SCULPTING                      11:30 BINGO- Aud.                      1:00 DAWN'S LEMONADE STAND- Chrs</p>	<p>27  <b>11:30 – 1:30 OUTDOOR BBQ- RP</b>  <b>Music by Barbara Harris</b>                      10:00 NO BOLLYX                      10:30 NO BOOK CLUB- Cheers                      11:00 NO NOW &amp; ZEN- IH                      12:30 NO REPURPOSING ART- FB</p>	<p>28  <b>BBQ RAINDATE</b>                      9:00 \$TRIP- TARGET                      10:00 – 12:00 KNITTING – Cheers                      10:00 ZUMBA                      10:30 Art Lee Garden Talk Q&amp;A – GD                      1:30 WRITE AWAY- Aud.                      2:30 PODCAST- Chrs</p>	<p>29                      9:15 NOW &amp; ZEN- TMS                      10:00- TAI CHI                      10:30 WHAT'S ON UR MIND?- Cheers                      2:00 NEW MEMBER MINGLE- Chrs</p>	<p>30                      10:30 BODY SCULPTING                      11:30 BINGO- CC</p>

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**TMS (Teams) Programs-** Virtual “on camera” programs – **SIGN UP FOR THESE PROGRAMS IF YOU WISH TO ATTEND**

**Now & Zen** – Learn how to achieve total body restoration using a variety of modalities increasing mindfulness, energy flow, mood, and focus. Program will include deep breathing exercise, guided meditation, chanting and Reiki and so much more. Done in a chair. **Thursdays 9:15am on TEAMS** Email [jfoxxe@sbtmj.net](mailto:jfoxxe@sbtmj.net) to sign up and get link, must have medicals on file.

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**Conference Call Program-** Virtual “on phone” program- Dial the number to the corresponding program at the designated date & time.

**Bingo-** A timeless classic! Call Jackie at 732 329-4000 x7677 to get your board and chips sent to you. **Fridays**

**Call this number to attend > 1(425) 436-6359 Access Code: 2789916**

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**In House Programs-** **SIGN UP FOR THESE PROGRAMS IF YOU WISH TO ATTEND**

**Book Club- (Short Story Group)** - A short story is sent out each week for a discussion group. **Tuesdays**

**Dawn's Lemonade Stand-** Socialize with our friendly neighborhood Social Worker – Come and sit outside while you enjoy a glass of lemonade with Dawn. We will have trivia, word games and cold glasses of lemonade! A great opportunity to catch up and chat. **Call Dawn to sign up for this program 732 329-4000 x 7212**

**Podcasts/TED Talk Discussion Group** - Listen to a selected podcast or TED Talk independently and then discuss it together. **Wednesdays**

📅 July 14<sup>th</sup> – My Stroke of Insight – Jill Bolte Taylor [https://www.ted.com/talks/jill\\_bolte\\_taylor\\_my\\_stroke\\_of\\_insight#t-398065](https://www.ted.com/talks/jill_bolte_taylor_my_stroke_of_insight#t-398065)

📅 July 21<sup>st</sup> – Rubber Ducks – Friendly Floatees Container Spill <https://slate.com/podcasts/decoder-ring/2020/03/rubber-ducks-friendly-floatees-container-spill>

📅 July 28<sup>th</sup> – Weird Things Hiding Underground <https://whhttps://www.stitcher.com/show/parttime-genius/episode/9-weird-things-hiding-underground-68969545>

**What's On Your Mind?** - We have a variety of topics during this discussion group - trivia, fun facts, riddles, news stories, etc. **Thursdays**

**Questions about programs call Jill at 732 329-4000 x7675**