

Daily Events Middletown Senior Center

Activities that are offered virtually are*

Mondays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**
 10:00am **Zumba Gold with Tatianna from Flamingo Fit* (East Wing)**
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000steps!
 12:30pm **Move to the Groove* (East Wing)**
 Start your Mondays off on the right foot with Brenda Christian. This class is combination of fun dance exercise and chair cardio class will help you start your week on the right note!

Tuesdays

- 10:00am - 4:00pm **Billiards & Mahjong**
 10:15am **Yoga * (East Wing)** This class can be done seated or standing.
 11:15 am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000 steps!
 1:00pm **Learn to Play Pinochle (Lounge)**
 1:00pm **Afternoon Event** (see calendar)

Wednesdays

- 9:00am **Tap with Brenda (East Wing)**
 Join Brenda for this fun tap dance class! Flat sole shoe needed (no running shoes).
 10:00am **Gentle Strength * (East Wing)**
 Brenda is a retired Physician's Assistant and local senior center legend. Brenda's class can be done seated while using light weights. This class provides a head to toe workout.
 11:00am **Walking Group** - Outdoors weather permitting or East Wing. The goal is 10,000steps!
 11:00am **Mixed Media Art* (East Wing) Maximum 15 people** – Registration required. Our group of senior center artists have enjoyed working on a variety of mediums and will continue to develop their painting and sketching skills. It is amazing what you can accomplish in an hour. Supplies needed: watercolor paints, colored pencils, pencil, thin black marker, and sketch pad or paper.
 1:00pm **Afternoon Event** (see calendar)

Thursdays

- 10:00am - 4:00pm **Billiards & Mahjong**
 10:00am **Yoga * (East Wing)**
 Join Amy for this 45 minute chair yoga class. Use the time to increase your flexibility and peace of mind. This class is sponsored by Care One King James.
 10:30am **Loose Stiches Knitting Group** -Come have a cup of coffee and knit with friends. **(Library)**
 Projects can be donated to several worth while charities if you would like to knit for a cause. Knitting supplies are available and donations accepted.
 11: 00pm **Book Club**
 See Sue or email slicht@middletownnj.org for information about book selection and chapters being read. Book club meets once a week for an hour.
 1:00pm **Afternoon Event** (see calendar)

Fridays

- 10:00am - 4:00pm **Pinochle, Billiards, Mahjong**
 11:00am **Bowling at Bolero in Hazlet** -\$6.50 for two games come play with the Senior Center group.
 12:00pm -3:00pm **Rumikub (Lounge)**

Middletown Senior Center December Daily Activities
 Join us virtually by ZOOM for events - www.zoom.us
 Exercise classes meeting #230 051 0854/password: senior
 Art class meeting# 886 7637 5591/password: 634226

Mon	Tue	Wed	Thu	Fri
			1 10:15 Chair Yoga 1:00pm Tree Lighting	2 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
5 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	6 10:15 Chair Yoga 12:30 Food Demo w/ Edit	7 No Classes Holiday Party at the Grammercy	8 10:15 Chair Yoga	9 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
12 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	13 10:15 Chair Yoga 12:30 Music Bingo	14 10:00 Tap Dance Performance 11:00 Art Class 12:30 Right At Home Presentation	15 10:15 Chair Yoga 1-3 Paint & Sip w/Tresse	16 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
19 10:00 Zumba 12:30 Move 2 Groove/ Chair Cardio	20 10:15 Chair Yoga 12:00 Movie	21 9:00 Tap with Brenda 10:00 Gentle Strength 11:00 Art Class 1:00 Baking and Recipe Exchange	22 10:15 Chair Yoga	23 11:00 Bowling Hazlet 12:00 - 3:00 Rumikub
26 Closed	27 9:00 VNA Nurse 10:15 Chair Yoga	28 No Brenda 11:00 Art Class	29 10:15 Chair Yoga	30 11:00 Bowling Hazlet 12:30 Pre New Years Eve Party