

2016



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	New this Month! 				Atlantic County ¹ Nutrition Site	²
³	Atlantic County ⁴ Nutrition Site	⁵ 	Atlantic County ⁶ Nutrition Site	Yoga ⁷ Arthritis workshop	Atlantic County ⁸ Nutrition Site	⁹
¹⁰	Atlantic County ¹¹ Nutrition Site	¹² Nutrition made easy 	Atlantic County ¹³ Nutrition Site	Yoga ¹⁴ 	Atlantic County ¹⁵ Nutrition Site	¹⁶
¹⁷ 	Atlantic County ¹⁸ Nutrition Site	¹⁹ Diabetic Health 	Atlantic County ²⁰ Nutrition Site	²¹ Yoga 	Atlantic County ²² Nutrition Site	²³
²⁴	Atlantic County ²⁵ Nutrition Site	²⁶ 	Atlantic County ²⁷ Nutrition Site	Yoga ²⁸ 	Atlantic County ²⁹ Nutrition Site	³⁰

Galloway Township Community Services Office of Senior Services

621 W. White Horse Pike Egg Harbor City, NJ, 08215

Phone: 568-5073 Fax: 652-9985 Email: gtseniors@comcast.net

Nutrition Site: (609) 241-0246



APRIL 2016

Galloway Senior Center Calendar Activity Description

All Activities are **HELD** at the Galloway Senior Center

April 5 @9:30 am.... **MEDICARE Q & A** sponsored by Hafetz and Associates **refreshments provided**
@11:00am... BINGO Sponsored by Depaul Health systems

April 7 @10:30am ...**CHAIR YOGA and Fitness with April in library room!** Class is \$5.00 per person payable to instructor the day of the class.

@12:00 noon...**Arthritis Workshop** sponsored by Lolla Chiropractic **refreshments provided**

April 12@9:30 am...**Smoothie Making 101**, learn how to make nutritious smoothies at home and enjoy a sample of what you make in the class! YUMMY! Presented by Live Right Naturally

@11:00 am... **GET MOVIN' GALLOWAY SENIORS!** Inside walking DVD! Stay out of the weather and get some exercise! Wear some comfortable clothes and your sneakers and get movin'!

April 14@10:30am ...**CHAIR YOGA and Fitness with April in library room!** Class is \$5.00 per person payable to instructor the day of the class

@ 11:30 am... **GAME DAY!!!!** Bring a group or come out on your own and have fun playing!

April 19@9:30 am... **Better Sugar Control, Not Just for Diabetics** presented by Dr. Stephen Cheng of Essentials Elements of Northfield. Refreshment served.

@11:00 am... BINGO! Sponsored by Linwood Care Center **FREE Lunch!**

@ 1:00 PM AARP monthly meeting... Looking for New Members Call Josephine Barr for more information (609) 748-8491

April 21 @9:30 am... **FREE Basic Crochet Class** in library room, bring a skein of yarn and a crochet hook, **Reservations Required** Call Jennifer (609) 568-5073 or email GTSENIORS@comcast.net SPACE IS LIMITED!

@10:30am ...**CHAIR YOGA and Fitness with April in library room!** Class is \$5.00 per person payable to instructor the day of the class

@12 noon... BINGO! Sponsored by The Health Center at Galloway **FREE LUNCH!**

April 26 & 28 @9 am -12 noon **AARP Defensive Driving Class**. The Cost is \$15 for AARP Members & \$20 for Non-Members. **Reservations Required** call 568-5073 or email GTSENIORS@comcast.net. You must be present BOTH DAYS to receive your certificate.

April 28 @10:30am ...**CHAIR YOGA and Fitness with April in library room!** Class is \$5.00 per person payable to instructor the day of the class

SEE THE SENIOR SERVICES OFFICE IF YOU HAVE ANY QUESTIONS OR TO CHECK OUT BOOKS ON CD!

NUTRTION SITE Every MWF- Lunch @ 12 noon Reservations Required (609)241-0246

The Galloway Senior Center WILL NOT be accepting any donations of books or magazines

EMAIL Suggestions or Requests for topics to GTseniors@comcast.net