

McGuire Senior Center Activity Calendar October 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 – 12:00 COVID-19 & Flu Vaccine Clinic w/ US Pharmacy 11:15 Chair Pilates with Kim 1:30 Beginner Spanish Class	2 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	3
4	5 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 1:00 Zumba with Lauren	6 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Unfaithful	7 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	8 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Bergen County Presents: Better Sleep, Better You!	9 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>Center closing @ 2:30 PM</i>	10
11	12 CENTER CLOSED Columbus Day 	13 9:00 Crochet Club 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Seabiscuit <i>Center closing @ 1:30 PM</i>	14 10:00 Bergen County Presents: Fall Prevention 11:00 Chair Exercise 12:15 Strength Training with Steve <i>Center closing @ 1 PM</i>	15 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 1:30 Beginner Spanish Class	16 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	17
18	19 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 1:00 Zumba with Lauren	20 9:00 – 3:00 NJ MVC Mobile Unit 9:30 Trip to ShopRite 10:00 October Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 No Movie – Mobile MVC	21 9:30 Blood Pressure Check 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Golden Age Pizza Bingo 12:15 Strength Training with Steve	22 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Visit from Brain Health Center	23 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	24
25	26 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 1:00 Zumba with Lauren	27 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Burlesque	28 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 – 2:00 Widows & Widowers Support Group	29 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Demystifying AI: Presented by High School Students 1:30 Beginner Spanish Class	30 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	31  <i>Happy Halloween!</i>