

McGuire Senior Center Activity Calendar

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 9:30 Trip to ShopRite 10:30 Stretch & Strengthen Video – Betsy Away 11:30 Movie – Sixteen Candles	2 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	3 10:00 Coffee Chit-Chat 11:15 Chair Pilates Video – Kim Away	4 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	5
6	7 CENTER CLOSED Labor Day	8 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Back to the Future	9 10:00 40 Dreams Catering Presentation 11:00 Chair Exercise 12:15 Strength Training with Steve	10 10:00 Coffee Chit-Chat 11:00 – 1:00 Senior Wellness Event 11:15 Chair Pilates with Kim	11 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	12
13	14 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	15 9:30 Trip to ShopRite 10:00 September Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Ferris Bueller’s Day Off	16 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	17 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 1:30 Spanish Language Crash Course	18 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	19
20	21 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	22 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Some Kind of Wonderful	23 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:00 Top 10 Rightsizing Tips 12:15 Strength Training with Steve	24 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim	25 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	26
27	28 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	29 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Dead Poets Society	30 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 – 2:00 Widows & Widowers Support Group			