

## McGuire Senior Center Activity Calendar May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	<b>2</b>
<b>3</b>	<b>4</b> 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 12:00 – 2:00 Take Control of Your Health ( <i>Session 4 of 6</i> )	<b>5</b> 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The Friend	<b>6</b> 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	<b>7</b> 10:00 Coffee Chit-Chat 10:30 ShopRite Presents: Eating for Gut Health 11:15 Chair Pilates with Kim	<b>8</b> 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	<b>9</b>
<b>10</b> Happy Mother's Day! 	<b>11</b> 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 12:00 – 2:00 Take Control of Your Health ( <i>Session 5 of 6</i> )	<b>12</b> 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Eleanor the Great	<b>13</b> 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve	<b>14</b> 10:00 Coffee Chit-Chat 11:00 Congressman Josh Gottheimer's Constituent Services Help Desk 11:15 Chair Pilates with Kim	<b>15</b> 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	<b>16</b>
<b>17</b>	<b>18</b> 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise 12:00 – 2:00 Take Control of Your Health ( <i>Session 6 of 6</i> )	<b>19</b> 9:30 Trip to ShopRite 10:00 May Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Is This Thing On?	<b>20</b> 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	<b>21</b> 10:00 Bergen County Presents: Summertime Nutrition 11:15 Chair Pilates with Kim	<b>22</b> 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	<b>23</b>
<b>24</b>	<b>25</b> CENTER CLOSED Memorial Day 	<b>26</b> 9:00 Crochet Club 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – Blue Moon	<b>27</b> 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve	<b>28</b> 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:15 Zumba Gold Pop-up with Lauren	<b>29</b> 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	<b>30</b>