

McGuire Senior Center Activity Calendar
August 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	4 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The Queen	5 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Club Meeting	6 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim	7 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>Center closing at 2:30 PM</i>	8
9	10 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	11 9:30 Trip to ShopRite 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The Young Victoria	12 10:00 Gleeful Wellness Dance Class 11:00 Chair Exercise 12:15 Strength Training with Steve	13 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Bergen New Bridge Presents: Managing Anxiety	14 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>Center closing at 2:30 PM</i>	15
16	17 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	18 9:30 Trip to ShopRite 10:00 August Breakfast 10:30 Stretch & Strengthen with Betsy 11:30 Movie – The Lady in the Van	19 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	20 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:15 Zumba with Lauren	21 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>Center closing at 2:30 PM</i>	22
23	24 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise	25 9:30 Trip to ShopRite 11:30 Movie – Suffragette <i>No Stretch & Strengthen – Betsy Away</i>	26 10:00 Bergen County Presents: Radon Awareness 11:00 Chair Exercise 12:15 Strength Training with Steve	27 10:00 Coffee Chit-Chat 10:30 ShopRite Presents: The MIND Diet 11:15 Chair Pilates with Kim	28 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO <i>Center closing at 2:30 PM</i>	29
30	31 9:00 Crochet Club 9:30 Strength Training with Steve 11:00 Chair Exercise					