

## **Senior Exercise**

Tuesdays and Thursdays, 10–11 a.m., at the Civic Center.

## **Blood Pressure Screenings**

Tuesdays, Sept. 13 and 27, 11 a.m. - noon, at the Civic Center.

## **Seniorcize**

There's a new "Seniorcize" class every day on TV channel 35. Tune in Monday to Friday, at 10:30 a.m. or 3:30 p.m. (Verizon Fios customers use channel 30.)

## **Trip to Stony Hill (Hackensack)**

*Thursday, Sept. 8*

Arrive at the Civic Center at 9:30 a.m., to catch the 10 a.m. bus to Hackensack for lunch with music and dancing. Cost: \$48 for Senior Club members, \$50 for nonmembers. For information or to register, call Doris Elmer (973) 748-6323 or Rose Rinaldi (973) 450-0053.

## **Senior Club Meeting**

The Senior Club, for age 55 and older, meets the third Friday of each month (except July and August) at noon in the Civic Center, 84 Broad Street. Gatherings may include, music, guest speakers, discussions, lunches, or refreshments. The membership fee is \$12.

## **Shopping Trips to Kohl's**

### **■ Wednesday, Sept. 14**

- Felicity pickup – 9:45 a.m.
- Troy pickup – 9:50 a.m.
- Heritage Village pickup – 9:55 a.m.
- Leave Kohl's – 12 noon

### **■ Wednesday, Sept. 21**

- Kinder Towers pickup, 9:45 a.m. Leave Kohl's at 12 noon.