

Senior Month Highlights, May 2019 ... For Woodbridge Township Residents Age 55+

◆ John E. McCormac, Mayor ◆
Councilman Gregg Ficarra
Senior Month Chair



For Full Details on all programs go to:
www.twp.woodbridge.nj.us



<p>Please visit: www.twp.woodbridge.nj.us for detailed calendars for each of our Senior Centers, The Woodbridge Community Center, The Barron Arts Center, and the Woodbridge Public Library.</p>		<p>May 1 Senior Police Academy 10:30 Music Enrichment 12:00 Puzzles 12:30 Line Dancing Evergreen Senior Center</p>	<p>May 2 1:00pm Woodbridge Senior Group Weekly Meeting Sycamore Senior Center</p>	<p>May 3 Candyland Brunch 10 AM 5 Branches Senior Center</p>
<p>SENIOR ART EXHIBITION OPENS APRIL 23, CLOSING RECEPTION April 30 at 6PM at THE BARRON ARTS CENTER</p>				
<p>May 6 AARP Defensive Driving Course 9:00 AM Evergreen Senior Center</p>	<p>May 7 AARP Defensive Driving Course 9:00 AM Evergreen Senior Center</p>	<p>May 8 Senior Police Academy ESTATE PLANNING SEMINAR 11AM 5 Branches Senior Center</p>	<p>May 9 9:30 No Line Dance 10:00 Art Lab 11:15 No Ballroom 11:30 "Flower Power" Lunch 12:00 Puzzles Evergreen Senior Center</p>	<p>May 10 Movies @ Main: Monsoon Wedding 2PM Main Library Energy Assistance Application Days 8:30 AM- 3PM Evergreen Senior Center</p>
<p>May 13 Skin Cancer Screening at Woodbridge Health Dept. Limited to 16 participants 10am -1pm Appointment needed Call: 732-855-0600 Ex: 5024</p>	<p>May 14 Senior Citizens, Caregivers & How Social Workers Can Help Seminar 11 AM- 1PM Evergreen Senior Center RSVP by Tuesday May 7 732-726-6262</p>	<p>May 15 Senior Police Academy 11:00am Port Reading /Sewaren Group Meeting 10:30 Blood Pressure Screening Sycamore Senior Center</p>	<p>May 16 Atlantic City Trip 9AM Evergreen Senior Center Medicare Workshop: What is new with Medicare? 6:30PM Main Library</p>	<p>May 17 10:00 Coffee with Councilwoman Meehan Evergreen Senior Center Movie Day @ 12:30 PM 5 Branches Senior Center</p>
<p>May 20 Weight Loss Strategies to Help You Hit Your Goal! 7PM Main Library Movie Day @ 1:00PM Sycamore Senior Center</p>	<p>May 21 Protecting Yourself in the Age of CyberSecurity: What You Need to Know 7PM Main Library When Seniors Bully Seminar 11 AM- 1PM Evergreen Senior Center RSVP by May 14 732-726-6262</p>	<p>May 22 Senior Police Academy Mayor's Senior Wellness Summit 10AM Woodbridge Community Ctr DIABETES WORKSHOP 10 AM 5 Branches Senior Center RSVP by May 22 732-726-6262</p>	<p>May 23 10:00am Knitting/Crocheting 12pm Mahjongg 1:00pm Knitting/Crocheting 1:00pm Woodbridge Group Sycamore Senior Center</p>	<p>May 24 A Grateful Nation Remembers VIP Tour Navy, Marine Corps, and Coast Guard Bus Departs 8:30 AM Woodbridge Community Ctr Registration Required</p>
<p>May 27 </p>	<p>May 28 9:30am Chair Yoga 11:00am Wii Bowling 1:30pm Bingo Sycamore Senior Center</p>	<p>May 29 Senior Police Academy DIABETES WORKSHOP 10 AM 5 Branches Senior Center RSVP by May 22 732-726-6262</p>	<p>May 30 9:00 Exercise 11:00 Sewing Group (Multi Service On Aging) 11:30 Zumba Gold Evergreen Senior Center</p>	<p>May 31 Movies @ Main: BAREFOOT 2PM Main Library 11:50am Basic Line Dancing 2:00pm Adult Art Class Sycamore Senior Center</p>



Evergreen Senior Center
732-726-6261
Multi-Service
732-726-6262
Sycamore Senior Center
732-726-7087
5 Branches Senior Center
732-726-6276
Woodbridge Community Center
732-596-4000