



# Senior Month, May 2017 ... For Woodbridge Township Residents Age 55+

◆ John E. McCormac, Mayor ◆

**Councilman Gregg Ficarra  
Senior Month Chair**



\*Evergreen events  
by RSVP only.  
732-726-6261  
732-726-6262

<p><b>May 1</b> <b>Evergreen Senior Center</b> 9:15am Exercise 10:30am Music Enrichment 3:30pm Gladiator Games <b>Sycamore Senior Center</b> 10:45am Zumba Gold Standing 11am Rummikub 1pm Scrabble <b>Woodbridge Community Center</b> 9:15 am Silver Sneakers Cardio 10 am Silver Sneakers 11 am Line Dancing 11am Rummikub 11 am Computer Class <b>Woodbridge Main Library</b> 7pm Meditation for a Peaceful Life</p>	<p><b>May 2</b> <b>Evergreen Senior Center</b> 11:30am Social Hour 1pm Mahjongg &amp; Scrabble 2pm Puzzles 2pm Billiards <b>Sycamore Senior Center</b> 9:30am Yoga Chair 12pm Tai Chi 1:30pm Bingo 2:45pm Wii Bowling <b>Woodbridge Community Center</b> 9am Silver Sneakers 10am Silver Sneakers 11am Brown Bag Movie 11:30am Silver Splash 12:30pm Dance Fitness</p>	<p><b>May 3</b> <b>Evergreen Senior Center</b> 12:30pm Line Dancing 2:00 Puzzles-D 3:00 Wii Bowling-A <b>Sycamore Senior Center</b> 11am Port Reading/Sewaren Group meeting <b>Woodbridge Community Center</b> 9:30 am Silver Sneakers Cardio 10:15 am Pilates 11 am Knitting, Jewelry, Beading</p>	<p><b>May 4</b> <b>Evergreen Senior Center</b> 9:30pm Line Dance-G 10:00pm Painting Lab-B 11:15pm Ballroom –G 12:30pm Dance Fit-G Card Games-A 1:0pm Mahjongg-E Scrabble-B <b>Sycamore Senior Center</b> 1:00pm Woodbridge Group Meeting 3:30pm Computer Class <b>Woodbridge Community Center</b> 9am SilverSneakers 10am SilverSneakers <b>Woodbridge Main Library</b> 7pm Retirement Planning</p>	<p><b>May 5</b> <b>Evergreen Senior Center</b> 9am Exercise 10:15am Chair Yoga 11:30am Zumba gold 12:30pm Table Tennis <b>Sycamore Senior Center</b> 9:30am Zumba Chair 10:15 Pilates Chair 12pm Basic Line Dancing 2pm Adult Art Class <b>Woodbridge Community Center</b> 9am SilverSneakers 11:30am Zumba Gold 11:30am Silver Splash <b>Woodbridge Main Library</b> 2pm Movie: Hope Springs</p>
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## SENIOR ART EXHIBITION OPENS MAY 6, CLOSING RECEPTION MAY 15 at 6PM at THE BARRON ARTS CENTER

<p><b>May 8</b> <b>Woodbridge Health Center</b> 10am Skin Cancer Screening Registration required <a href="tel:732-855-0600">732-855-0600</a> Ex: 5024 <b>Evergreen Senior Center</b> 10:30am Music Enrichment 11:30am Billiards 12:30am Line Dancing <b>Sycamore Senior Center</b> 10:45am Zumba Gold Standing 11am Rummikub 1pm Scrabble <b>Woodbridge Community Center</b> 10am SilverSneakers 11am Line Dancing 11am Rummikub 11am Advanced Computers 1pm Tai Chi</p>	<p><b>May 9</b> <b>Evergreen Senior Center</b> 11am “Sticks and Stones ...Senior Bullying” RSVP by May 1 to 732-726-6262 1pm Mahjongg 2pm Puzzles 2pm Billiards <b>Sycamore Senior Center</b> 9:30am Yoga Chair 12pm Tai Chi 1:30pm Bingo 2:45pm Wii Bowling <b>Woodbridge Community Center</b> 9am SilverSneakers 11am Brown Bag Movie 11:30am Silver Splash 12:30pm Dance Fitness</p>	<p><b>May 10</b> <b>Evergreen Senior Center</b> 10:30 Movie Day; Mother’s Day <b>Sycamore Senior Center</b> Expressions Seminar : “ Toolkit for Protecting your Identity” at the Sycamore Senior Center RSVP May 2<sup>nd</sup> to 732-726-6262 <b>Woodbridge Community Center</b> 9:30 am Silver Sneakers Cardio 10:15 am Pilates 11 am Knitting, Jewelry, Beading 11:30 am Zumba Gold 11:30 am Silver Splash 1pm Mahjongg</p>	<p><b>May 11</b> <b>Evergreen Senior Center</b> 9:30am Line Dancing 10am Painting Lab 11:15am Ballroom Dancing 12:30pm Dance Fit <b>Sycamore Senior Center</b> 1:00pm Woodbridge Group Meeting 3:30pm Computer Class <b>Woodbridge Community Center</b> 9am SilverSneakers 10am SilverSneakers</p>	<p><b>May 12</b> <b>Evergreen Senior Center</b> 9:30am Celebrating Women Breakfast 12:30pm Table Tennis <b>Sycamore Senior Center</b> 9:30am Zumba Chair 10:15 Pilates Chair 12pm Basic Line Dancing 1pm Fords Group Meeting 2pm Adult Art Class <b>Woodbridge Community Center</b> 9am SilverSneakers 10am SilverSneakers 11:30am Zumba Gold 11:30am Silver Splash <b>Woodbridge Main Library</b> 2pm Movie: The Queen</p>
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**MAY IS Senior MONTH**  
at the  
**Woodbridge Animal Shelter & Pet Adoption Center!**  
100 Woodbridge Ave. Sewaren, NJ

**Adoption Specials**  
2x full price adoption from all breed rescue (2 years and older)  
3x full price adoption from all breed rescue (less than 2 years)

**May is Senior Month at the Woodbridge Animal Shelter and Pet Adoption Center.**



# Senior Month, May 2017 ... For Woodbridge Township Residents Age 55+

<p><b>May 15</b>  <b>Barron Arts Center</b>          6pm Senior Art Show Reception  <b>Health Center</b>          Skin Cancer Screening, call for appt  <b>Evergreen Senior Center</b>          11:30am Billiards          11:45am Senior Fit &amp; Fun          12:00pm Bingo  <b>Sycamore Senior Center</b>          10:45am Zumba Gold Standing          11am Rummikub          1pm Scrabble  <b>Woodbridge Community Center</b>          10am SilverSneakers          11am Line Dancing          11am Rummikub</p>	<p><b>May 16</b>  <b>Evergreen Senior Center</b>          1:00pm Mahjongg          Scrabble-B          2:00pm Puzzles          Billiards  <b>Sycamore Senior Center</b>          9:30am Yoga Chair          1:30pm Bingo          2:45pm Wii Bowling  <b>Woodbridge Community Center</b>          9am SilverSneakers          11am Brown Bag Movie          11:30am Silver Splash  <b>Woodbridge Main Library</b>          7pm Author Visit: Ann Budd</p>	<p><b>May 17</b>  <div style="border: 1px dashed green; padding: 5px; text-align: center;"> <i>Active Older Adults Lifestyle Expo 2017</i> </div>          Woodbridge Community Center          600 Main Street Woodbridge NJ          Wednesday May 17th, 2017          10am-12pm          An informative and entertaining Lifestyle Expo for the 55+ Population Showcasing Fitness, Travel, Health Care, Financial Consultants, Education, Home Improvements, Music and Entertainment</p>	<p><b>May 18</b>  <b>Evergreen Senior Center</b>          9:30 Country Line Dancing          10am Painting Lab          11:15am Ballroom Dancing          12:30pm Dance Fitness  <b>Sycamore Senior Center</b>          1:00pm Woodbridge Group Meeting          3:30pm Computer Class  <b>Woodbridge Community Center</b>          9am SilverSneakers          10am SilverSneakers</p>	<p><b>May 19</b>  <b>Evergreen Senior Center</b>          11:30AM Volunteer Recognition Luncheon at Evergreen Senior Center          2:00pm Puzzles          3:00pm Wii Bowling  <b>Sycamore Senior Center</b>          12pm Stars and Stripes Party  <b>Woodbridge Community Center</b>          9am SilverSneakers          11am Scrabble Group          11:30am Zumba Gold          11:30am Silver Splash  <b>Woodbridge Main Library</b>          2pm Movie: Away From Her</p>
<p><b>May 22</b>  <b>Evergreen Senior Center</b>          9:15am Exercise          10:30am Music Enrichment          10:45am Tai Chi          12:00pm Bingo  <b>Sycamore Senior Center</b>          10:45am Zumba Gold Standing          11am Rummikub          1pm Scrabble  <b>Woodbridge Community Center</b>          10am SilverSneakers          11am Line Dancing          11am Rummikub          11am Advanced Computer Class          12pm Zumba Gold          1pm Tai Chi</p>	<p><b>May 23</b>  <b>Evergreen Senior Center</b>          11:30am Social Hour          12:30pm Card Games          Table Tennis          1:00pm Mahjongg          Scrabble-  <b>Sycamore Senior Center</b>          9:30am Yoga Chair          12pm Tai Chi          1:30PM Bingo          2:45pm *Wii Bowling  <b>Woodbridge Community Center</b>          9am SilverSneakers          10am SilverSneakers          11am Brown Bag Movie          11:30am Silver Splash          12:30pm Dance Fitness</p>	<p><b>May 24</b>  <b>Evergreen Senior Center</b>          11:30am Trip to Medieval Times          11:15am Zumba Gold          2:00pm Puzzles          3:00pm Wii Bowling  <b>Sycamore Senior Center</b>          1pm AARP Woodbridge Group Meeting  <b>Woodbridge Community Center</b>          9:30 am Silver Sneakers Cardio          10:15 am Pilates          11 am Knitting, Jewelry, Beading          11:30 am Zumba Gold          11:30 am Silver Splash          1pm Mahjongg</p>	<p><b>May 25</b>  <b>Evergreen Senior Center</b>          9:30am Line Dancing          10am Painting Lab          11:15am Ballroom Dancing          12:30pm Dance Fitness          2pm Puzzles  <b>Sycamore Senior Center</b>          1:00pm Woodbridge Group Meeting          3:30pm Computer Class  <b>Woodbridge Community Center</b>          9am SilverSneakers          10am SilverSneakers</p>	<p><b>May 26</b>  <b>Evergreen Senior Center</b>          9am Exercise          11am Sewing Group (Multi Services)          12:30 Coffee with Councilwoman Meehan  <b>Sycamore Senior Center</b>          12pm Basic Line Dancing          1pm Fords Group Meeting          2pm Adult Art Class  <b>Woodbridge Community Center</b>          9am SilverSneakers          10am SilverSneakers          11:30am Zumba Gold          11:30am Silver Splash  <b>Woodbridge Main Library</b>          2pm Movie: The Intern</p>
<p><b>May 29</b>  <b>Evergreen Senior Center</b>          CLOSED MEMORIAL DAY  <b>Sycamore Senior Center</b>          CLOSED MEMORIAL DAY  <b>Woodbridge Community Center</b>          10am SilverSneakers          11am Line Dancing          11am Rummikub          11am Advanced Computer Class          12pm Zumba Gold          1pm Tai Chi</p>	<p><b>May 30</b>  <b>Evergreen Senior Center</b>          1pm Mahjongg &amp; Scrabble          2pm Puzzles          2pm Billiards  <b>Sycamore Senior Center</b>          9:30am Yoga Chair          12pm Tai Chi          1:30PM Bingo          2:45pm Wii Bowling  <b>Woodbridge Community Center</b>          9am SilverSneakers          10am SilverSneakers          11am Brown Bag Movie</p>	<p><b>May 31</b>  <b>Evergreen Senior Center</b>          9:15am Exercise          10:30am Music Enrichment          12:30pm Line Dancing  <b>Sycamore Senior Center</b>          11am Port Reading/Sewaren Group meeting          2pm Basic Computer Class          Must Pre-Register  <b>Woodbridge Community Center</b>          9:30 am Silver Sneakers Cardio          10:15 am Pilates          11 am Knitting, Jewelry, Beading</p>	<div style="border: 3px double black; padding: 10px; margin: 10px auto; width: fit-content;"> <p><b>For Full Details on all programs go to:</b>  <a href="http://www.twp.woodbridge.nj.us">www.twp.woodbridge.nj.us</a></p> </div>	



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