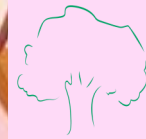


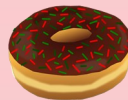
# June 2021



**SYCAMORE SENIOR CENTER**  
290 Old Post Rd., Port Reading, NJ 07064  
732-726-6272

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 9:30am Chair Yoga 10-12pm Billiards 12:30pm Bingo	<b>2</b> 10:30-11:15 Senior Fit 12:45pm Port Reading/ Sewaren Club 1pm Knitting/Crochet	<b>3</b> 9am-10am Billiards 11:15am Chair Pilates 12:00pm Mahjongg 1pm Woodbridge Sr Club	<b>4</b> 11:15-12pm Senior Workout 12:30-1:30 Line Dancing 1:00pm Canasta/Cards 2:00pm Adult Art Class
<b>7</b> 9:15-10:15 Chair Pilates 9:30-10:30am Billiards 11:00am Rummikub 1:30 Line Dancing with Amy	<b>8</b> 9:30am Chair Yoga 11am Division on Aging Expressions Seminar: Eating Healthy with MyPlate 732-726-6262 12:30pm Bingo	<b>9</b> 10:30-11:15 Senior Fit 11-12pm Billiards 12pm Movie: The In-Laws 1pm Knitting/Crochet	<b>10</b> 9am-10am Billiards 11:15am Chair Pilates 12:00pm Mahjongg 1pm Woodbridge Sr Club	<b>11</b> 11:15-12pm Senior Workout 12:30-1:30 Line Dancing 1:00pm Canasta/Cards 2:00pm Adult Art Class
<b>14</b> 9:15-10:15 Chair Pilates 11:00am Rummikub 11:30-12:30 Red Oaks Day 1:30 Line Dancing with Amy	<b>15</b> 9:30am Chair Yoga 11am Division on Aging Expressions Seminar: Brain Health Series 732-726-6262 12:30pm Bingo	<b>16</b> 10:30-11:15 Senior Fit 12:45pm Port Reading/ Sewaren Club 1pm Knitting/Crochet	<b>17</b> 9am-10am Billiards 11:15am Chair Pilates 12:00pm Mahjongg 1pm Woodbridge Sr Club	<b>18</b> 11:15-12pm Senior Workout 12:30-1:30 Line Dancing 1:00pm Canasta/Cards 2:00pm Adult Art Class
<b>21</b> 9:15-10:15 Chair Pilates 9:30-10:30am Billiards 11:00am Rummikub 1:30 Line Dancing with Amy	<b>22</b> 9:30am Chair Yoga 11am Division on Aging Expressions Seminar: Brain Health Series 732-726-6262 12:30pm Bingo	<b>23</b> 10:30-11:15 Senior Fit 11-12pm Billiards 12pm Movie: Daredevil 1pm Knitting/Crochet	<b>24</b> 9am-10am Billiards 11:15am Chair Pilates 12:00pm Mahjongg 1pm Woodbridge Sr Club	<b>25</b> 11:15-12pm Senior Workout 12:30-1:30 Line Dancing 1:00pm Canasta/Cards 2:00pm Adult Art Class
<b>28</b> 9:15-10:15 Chair Pilates 9:30-10:30am Billiards 11:00am Rummikub 1:30 Line Dancing with Amy	<b>29</b> 9:30am Chair Yoga 11am Division on Aging Expressions Seminar: Brain Health Series 732-726-6262 12:30pm Bingo	<b>30</b> 10:30-11:15 Senior Fit 12-12pm Billiards 1pm Knitting/Crochet	For Information call: Sandra Dookhu 732-726-6272 Sandra.Dookhu@twp.woodbridge.nj.us Division on Aging Expressions Educational Seminars RSVP: 732-726-6262	

**All classes subject to change.**



Senior Center Hotline 732-726-6264  
 Division on Aging 732-726-6262  
 Health Department 732-855-0600  
 Town Hall 732-634-4500  
 Police (Non Emergency) 732-634-7700  
 STOW 732-726-2394  
 MCAT (Transport) 800-221-3520  
 Access Link (Transport) 800-955-2321



John E. McCormac  
 Mayor

Michele Morgan, MSW  
 Director of Senior Services