


McGuire Senior Center Activity Calendar February 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	1
2	3 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise	4 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – Loving	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 11:30 Valentine Luncheon	7 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	8
9	10 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise	11 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – Fences	12 10:00 Coffee Chit-Chat 11:00 Chair Exercise 11:00 AARP Presents: The Six Pillars of Brain Health 12:15 Strength Training with Steve	13 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Salad in a Jar with ShopRite 12:00 Mah Jongg Practice Play	14 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	15
16	17 CENTER CLOSED President's Day 	18 9:30 Trip to ShopRite 10:00 February Breakfast 11:00 Chair Yoga with Carolyn 11:30 Movie – Green Book	19 9:30 Blood Pressure Check 10:00 Coffee Chit-Chat 11:00 Chair Exercise 12:15 Strength Training with Steve 1:00 Golden Age Pizza Bingo	20 10:00 Coffee Chit-Chat 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play	21 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	22
23	24 9:00 Crochet Club 9:30 Strength Training with Steve 10:30 Chair Exercise	25 9:30 Trip to ShopRite 11:00 Chair Yoga with Carolyn 11:30 Movie – Till	26 10:00 Senior Helpers Presents: Keeping Yourself Safe at Home 11:00 Chair Exercise 12:15 Strength Training with Steve	27 10:00 Coffee Chit-Chat 11:00 AAA Northeast Presents: The Older & Wiser Driver 11:15 Chair Pilates with Kim 12:00 Mah Jongg Practice Play	28 10:00 Coffee Chit-Chat 10:30 Mah Jongg 12:00 BINGO	