

JULY 2019 P.M.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Belleville Senior Services 518 Washington Avenue Belleville, NJ 07109 973-751-6000	1:00 Snack 2:00 CHAIR BOOT CAMP 2:30 GUYS&DOLLS POOL 3:30 Arts&Crafts&Games 4:45 Dinner 5:30 Jeopardy	1:00 Snack 1:30 Afternoon Stretch 2:00 SHOPRITE 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Slingo	1:00 Snack 1:30 Afternoon Stretch 2:00 WALMART 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Bingo	CENTER CLOSED HAPPY 4TH OF JULY!!! BE SAFE!!!	*** 4TH OF JULY PARTY *** 1:30 Snack 2:30 Exercises 3:00 4TH OF JULY PARTY 4:00 Arts & Crafts & Games 4:45 Lunch 5:30 Guess Who	CENTER OPEN 1:00 Breakfast 2:00 Exercise 2:45 BIG BINGO 4:15 Outside Buffet
7	8	9	10	11	12	13
	1:00 Snack 2:00 YOGA W TAO 2:30 GUYS&DOLLS POOL 3:30 Arts&Crafts&Games 4:45 Dinner 5:30 Jeopardy	1:00 Snack 1:30 Exercise w Flavia's Niece 2:00 MARSHALL/STP&SHP 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Name that Tune	1:00 Snack 1:30 Afternoon Stretch 2:00 DOLLAR TREE (BLVL) 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Bingo	1:30 Snack 2:00 CHAIR ZUMBA 3:00 LYNDHURST MINI-MALL AC MOORE (Ha) 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Card Bingo	*** KARAOKE PARTY **** 1:00 Snack 1:30 Exercise w Flavia's Niece 3:30 Arts & Crafts & Games 4:00 ***KARAOKE PARTY **** 4:45 Dinner 5:30 Raffles Giveaways	Special In-House Activity Main Trip Korean Program/Trip (Ko) Indian Program/Trip (In) Filipino Program/Trip (Fi) Haitian Program/Trip (Ha)
14	15	16	17	18	19	20
The Romans called the month Quintilius, which means fifth. A Roman Senate renamed the month to Julius (July) in honour of Julius Caesar, who was born on 12 July.	1:00 Snack 2:00 CHAIR BOOT CAMP 2:30 GUYS&DOLLS POOL 3:30 Arts&Crafts&Games 4:45 Dinner 5:30 Jeopardy	1:00 Snack 1:30 Exercise w Flavia's Niece 2:00 FARMER'S MARKET 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Name that Tune	1:00 Snack 1:30 Afternoon Stretch 2:00 99¢ DEPOT 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Bingo	1:30 Snack 2:00 CHAIR ZUMBA 3:00 KOHLS/DOLLARTREE 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Bingo Guess Who	*** QUESTIONNAIRE DAY *** 1:00 Snack 1:30 Exercise w Flavia's Niece 3:30 Arts&Crafts & Games 4:00 *QUESTIONNAIRE DAY * 4:45 Dinner 5:30 Raffles Giveaways	
21	22	23	24	25	26	27
	1:00 Snack 2:00 YOGA W TAO 2:30 GUYS&DOLLS POOL 3:30 Arts&Crafts&Games 4:45 Dinner 5:30 Jeopardy	1:00 Snack 1:30 Music Exercise 2:00 ALDI'S 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Slingo	1:00 Snack 1:30 Music Exercise 2:00 AMAZING SAVINGS 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Name that Tune	1:00 Snack 2:00 CHAIR ZUMBA 2:00 BURLINGTON COAT 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Name that Tune	*** MONTHLY RAFFLE *** 1:30 Snack 2:30 Exercises 3:00 MONTHLY RAFFLE 4:00 Arts & Crafts & Games 4:45 Lunch/5:30 Guess Who	Activities and Participation are subject to change and discretion of the Administration Trips and Outdoor Activities may be cancelled due weather
28	29	30	31			
Birthstone: Ruby Flower: Larkspur, Water Lily Astrological Signs: Cancer: Jun 21 - Jul 22 Leo: Jul 23 - Aug 22	BDAY Celebration 1:00 Snack 1:30 Exercise w Flavia's Niece 2:30 BDAY Celebration 3:30 Arts&Crafts&Games 4:45 Dinner 5:30 Jeopardy	1:00 Snack 1:30 Music Exercise 2:00 PUEBLO MARKET 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Bingo	1:00 Snack 1:30 Afternoon Stretch 2:00 TARGET 3:30 Arts & Crafts & Games 4:45 Dinner 5:30 Bingo	4th Independence Day 9th Body Painting Day 10th Piña Colada Day 11th Slurpee Day 11th 7-11's Birthday 13th French Fries Day 14th International Nude Day	20th International Cake Day 20th First Moon Landing 24th National Tequila Day 26th Parents' Day 26th FBI Created 30th Nat'l Cheesecake Day 30th Father-in-Law Day	National Grilling Month National Ice Cream Month National Hot Dog Month Nat'l Make a Difference to Children Day

OUR CENTER PROVIDES TWO SHIFTS OF SERVICES FOR YOUR CONVINIENCE
 7:45 AM-12:45 PM 1:00 PM-6:00 PM

DAILY ACTIVITIES
 Beauty Salon, Exercise, Table Games, Trivia, Music, Arts & Crafts, Trips, Laundry, TV / Movies, Grand Bingo, Yoga.

JULY, IS INVITE A FRIEND MONTH
 ANY FRIEND OR FAMILY MEMBER WITH MEDICAID CAN COME WITH YOU TO PARTICIPATE IN ALL OF OUR DAILY PROGRAMING AND EVENTS