

OCTOBER 2024 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1st International Coffee Day 3rd National Poetry Day 8th World Smile Day 10th Mental Health Day</p>		<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Tic Tac Toss 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Cornhole 4:00 Dinner 4:30 Bingo</p> <p>1:30 Bank</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Basketball 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Janeth 3:00 Axe Throw 4:00 Dinner 4:30 Bingo</p>	
6	7	8	9	10	11	12
	<p>1:00 Snack 1:30 Bingo 2:30 Yoga w Tao 3:00 Gulf 4:00 Dinner 4:30 Bingo</p> <p>1:30 Food Depot</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ingrid 3:00 Cup Game 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Bean Bag toss 4:00 Dinner 4:30 Bingo</p> <p>Breast Cancer Awareness</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Ladder throw 4:00 Dinner 4:30 Bingo</p> <p>1:30 Marshall's</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Chama 3:00 Bowling 4:00 Dinner 4:30 Bingo</p>	<p>Activities and Participation are subject to change and discretion of the Administration Trips and Outdoor Activities may be cancelled due weather</p>
13	14	15	16	17	18	19
<p>Celebraremos Halloween con un tema de Piratas. Tendremos juegos, música y mucho más. NO OLVIDES TU DISFRAZ !!</p>	<p>1:00 Snack 1:30 Bingo 2:30 Yoga w Tao 3:00 Hockey 4:00 Dinner 4:30 Bingo</p> <p>1:30 Shoprite</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Axe Throw 4:00 Dinner 4:30 Bingo</p> <p>Hispanic Heritage Day</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Shuffleboard 4:00 Dinner 4:30 Bingo</p> <p>1:30 Dollar Store</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Gulf 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Janeth 3:00 Basketball 4:00 Dinner 4:30 Bingo</p>	
20	21	22	23	24	25	26
	<p>1:00 Snack 1:30 Bingo 2:30 Yoga w Tao 3:00 Tic tac Toss 4:00 Dinner 4:30 Bingo</p> <p>1:30 Super fresh</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ingrid 3:00 Volleyball 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Cup Game 4:00 Dinner 4:30 Bingo</p> <p>1:30 Walmart</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Ladder Throw 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Chama 3:00 Shuffleboard 4:00 Dinner 4:30 Bingo</p>	<p>Birthstone: Opal, Tourmaline Flower: Snapdragon Astrological Signs: Libra & Scorpio</p>
27	28	29	30	31		
<p>Belleville Senior Services 518 Washington Avenue Belleville, NJ 07109 973-751-6000</p>	<p>1:00 Snack 1:30 Bingo 2:30 Yoga w Tao 3:00 Axe Throw 4:00 Dinner 4:30 Bingo</p> <p>1:30 Aldi's</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Cornhole 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Basketball 4:00 Dinner 4:30 Bingo</p> <p>99@ Depot</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Halloween Party 4:00 Dinner 4:30 Bingo</p>		<p>We Will be celebrating Halloween with a Pirate's theme. Games, Music & much more. DON'T FORGET YOUR COSTUME !!!</p>

DAILY ACTIVITIES

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

OUR CENTER PROVIDES TWO SHIFTS OF SERVICES FOR YOUR CONVINIENCE 7:30 AM-12:30 PM 12:30 PM-5:30 PM

October, 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