

SEPTEMBER 2024 AM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Tao 11:00 Ladder Throw 12:00 lunch 12:30 Bingo 9:00 Food Depot	3 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ricky 11:00 Basketball 12:00 lunch 12:30 Bingo 9:00 Bank	4 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Ladder Throw 12:00 lunch 12:30 Bingo 9:00 T.J. Max	5 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Janeth 11:00 Shuffle Board 12:00 lunch 12:30 Bingo	6 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Tic Tac Toss 12:00 lunch 12:30 Bingo	7 
8 Belleville Senior Services 518 Washington Avenue Belleville, NJ 07109 973-751-6000	9 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Tao 11:00 Cornhole 12:00 lunch 12:30 Bingo 9:00 Shop Rite	10 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ingrid 11:00 Golf 12:00 lunch 12:30 Bingo	11  8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Volleyball 12:00 lunch 12:30 Bingo 9:00 Dollar Store	12 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Chama 11:00 Golf 12:00 lunch 12:30 Bingo	13 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Tic Tac Toss 12:00 lunch 12:30 Bingo	14 Birthstone: Topaz, Citrine Flower: Chrysanthemum Astrological Signs: Scorpio: Oct 23-Nov 21 Sagittarius: Nov 22- Dec 21
15 	16 8:00 Breakfast 9:30 Bingo 10:30 Yoga w/ Tao 11:00 Shuffle Board 12:00 lunch 12:30 Bingo 9:00 Super Fresh	17 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ricky 11:00 Bean Bag Toss 12:00 lunch 12:30 Bingo	18 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Ladder Throw 12:00 lunch 12:30 Bingo 9:00 Burlington	19 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Janeth 11:00 Target Range 12:00 lunch 12:30 Bingo	20 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette in conjunction with Summer Event 12:00 lunch 12:30 Bingo End Of Summer Event	21 
22 	23 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Tao 11:00 Cornhole 12:00 lunch 12:30 Bingo 9:00 99¢ Depot	24 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Ingrid Chamma 11:00 Golf 12:00 lunch 12:30 Bingo	25 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Bowling 12:00 lunch 12:30 Bingo 9:00 Walmart	26 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Chama 11:00 Basketball 12:00 lunch 12:30 Bingo	27 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Yvette 11:00 Hockey 12:00 lunch 12:30 Bingo	28 September (Roman month) (from Latin septem, "seven") was originally the seventh of ten months on the oldest known Roman calendar, with March the first month of the year
29 	30 8:00 Breakfast 9:30 Bingo 10:30 Exercise w/ Tao 11:00 Golf 12:00 lunch 12:30 Bingo 9:00 Aldis Birthday Celebration	Do not put your bathing suits away, we are getting wet at our End of Summer event on Sept. 20 th . No guarden sus traje de baño, nos vamos a mojar durante el evento de Fin De Verano en Sept. 20.			Birthstone: Sapphire Flower: Aster Astrological Signs: Virgo: Aug 23 -Sept 22 Libra: Sept 23-Oct 22	

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

September, 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