

# SEPTEMBER 2024 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Ladder Throw 4:00 Dinner 4:30 Bingo</p> <p>9:00 Food Depot</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Basketball 4:00 Dinner 4:30 Bingo</p> <p>9:00 Bank</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>9:00 T.J. Max</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Janeth 3:00 Shuffle Board 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Tic Tac Toss 4:00 Dinner 4:30 Bingo</p>	<p>INTERNATIONAL <b>BACON</b> DAY</p>	
<p>Belleville Senior Services 518 Washington Avenue Belleville, NJ 07109 973-751-6000</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Cornhole 4:00 Dinner 4:30 Bingo</p> <p>9:00 Shop Rite</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ingrid 3:00 Golf 4:00 Dinner 4:30 Bingo</p>	 <p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Volleyball 4:00 Dinner 4:30 Bingo</p> <p>9:00 Dollar Store</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Chama 3:00 Golf 4:00 Dinner 4:30 Bingo</p>	<p>Birthstone: Topaz, Citrine Flower: Chrysanthemum</p> <p>Astrological Signs: Scorpio: Oct 23-Nov 21 Sagittarius: Nov 22- Dec 21</p>	
 <p>1:00 Breakfast 1:30 Bingo 2:30 Yoga w Tao 3:00 Shuffle Board 4:00 Dinner 4:30 Bingo</p> <p>9:00 Super Fresh</p>	<p>1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Bean Bag Toss 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Ladder Throw 4:00 Dinner 4:30 Bingo</p> <p>9:00 Burlington</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Janeth 3:00 Target Range 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette in conjunction with Surprise Games 4:00 Dinner 4:30 Bingo</p> <p>End Of Summer Event</p>		
 <p>1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Cornhole 4:00 Dinner 4:30 Bingo</p> <p>9:00 99¢ Depot</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Ingrid 3:00 Golf 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Bowling 4:00 Dinner 4:30 Bingo</p> <p>9:00 Walmart</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Chama 3:00 Basketball 4:00 Dinner 4:30 Bingo</p>	<p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Hockey 4:00 Dinner 4:30 Bingo</p>	<p>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</p>	
 <p>1:00 Snack 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Golf 4:00 Dinner 4:30 Bingo</p> <p>9:00 Aldis Birthday Celebration</p>	<p>Do not put your bathing suits away, we are getting wet at our End of Summer event on Sept. 20<sup>th</sup>.</p> <p>No guarden su traje de baño, nos vamos a mojar durante el evento de Fin De Verano en Sept. 20.</p>			<p>Birthstone: Sapphire Flower: Aster Astrological Signs: Virgo: Aug 23 -Sept 22 Libra: Sept 23-Oct 22</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

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