



Montgomery Senior Wellness

July 2019

Otto Kaufman Community Center
356 Skillman Road
Skillman, NJ 08558
(609) 466-0846

Denise Crowley, Manager

MON	TUE	WED	THU	FRI
<p>1</p> <p>Silver Strength with Linda 10:15 am</p> <p>Healthy Aging Dispelling the Myths of Aging The COPSA Institute</p>	<p>2</p> <p>The Full Monty Uke Band Practice 9:30 am Beginner Ukulele Class 10:30 am</p> <p>Exercise for Arthritis 10:30 am</p> <p>Yoga-with Elizabeth 11:00 am</p> <p>Montv Walkers 12:30</p>	<p>3</p> <p>Move Today 10:15 am</p> <p>Healthy Bones 10:15 am</p> <p>Crochet and Crafts 10:30 am</p> <p>Tai Chi Cancelled</p> <p>Afternoon Uke Jam</p>	<p>4</p> <p>Center Closed</p>  <p>Happy 4th of July!</p>	<p>5</p> <p>Mah Jongg 10:00 am</p> <p>3-13 Card Game 10:00 am</p> <p>Bocce Ball 10:30 am</p>
<p>8</p> <p>Silver Strength with Linda 10:15 am</p> <p>Ted Talk This is my story Sue Klebold 11:00 am</p>	<p>9</p> <p>The Full Monty Uke Band Practice 9:30 am Beginner Ukulele Class 10:30 am</p> <p>Exercise for Arthritis 10:30 am</p> <p>Yoga-with Elizabeth 11:00 am</p> <p>Monty Walkers 12:30</p>	<p>10</p> <p>Creative Wellness 10:15 am</p> <p>Healthy Bones 10:15 am</p> <p>Crochet and Crafts 10:30 am</p> <p>Tai Chi 11:00 am</p> <p>Afternoon Uke Jam 1:00 pm</p>	<p>11</p> <p>The Full Monty Uke Band Practice 10:00 am</p> <p>Exercise for Arthritis With Elizabeth 11:00 am</p> <p>Monty Walkers 12:30 pm</p> <p>Mah Jongg 10:00 am</p>	<p>12</p> <p>Ageless Grace 10:30 am</p> <p>3-13 Card Game 10:00 am</p> <p>Bocce Ball 10:30 am</p>
<p>15</p> <p>Silver Strength with Linda 10:15 am</p> <p>Flow & Flair Michael Dicus 11:00 am</p>	<p>16</p> <p>The Full Monty Uke Band Practice 9:30 am Beginner Ukulele Class 10:30 am</p> <p>Exercise for Arthritis 10:30 am</p> <p>Yoga-with Elizabeth 11:00 am</p> <p>Monty Walkers 12:30</p>	<p>17</p> <p>Move Today 10:15 am</p> <p>Healthy Bones 10:15 am</p> <p>Crochet and Crafts 10:30 am</p> <p>Tai Chi 11:00 am</p> <p>Afternoon Uke Jam 1:00 pm</p>	<p>18</p> <p>In-service</p> 	<p>19</p> <p>Mah Jongg 10:00 am</p> <p>3-13 Card Game 10:00 am</p> <p>BINGO 11:00 am</p> <p>Bocce Ball 10:30 am</p>
<p>22</p> <p>Silver Strength with Linda 10:15 am</p> <p>From Bee's To Tomatoes 11:00 Am</p>	<p>23</p> <p>The Full Monty Uke Band Practice 9:30 am Beginner Ukulele Class 10:30 am</p> <p>Exercise for Arthritis 10:30 am</p> <p>Yoga-with Elizabeth 11:00 am</p> <p>Monty Walkers 12:30 pm</p>	<p>24</p> <p>Creative Wellness 10:15 am</p> <p>Healthy Bones 10:15 am</p> <p>Crochet and Crafts 10:30 am</p> <p>Tai Chi 11:00 am</p> <p>Afternoon Uke Jam 1:00 pm</p>	<p>25</p> <p>The Full Monty Uke Band Practice 10:00 am</p> <p>Exercise for Arthritis With Elizabeth 11:00 am</p> <p>Monty Walkers 12:30 pm</p>	<p>26</p> <p>3-13 Card Game 10:00 am</p> <p>Mah Jongg 10:00 am</p> <p>Ageless Grace 10:30 am</p> <p>Dance Factory Tour Team 11:30</p>
<p>29</p> <p>Silver Strength with Linda 10:15 am</p> <p>Name That Tune Andrew Lobby 11:00 am</p>	<p>30</p> <p>The Full Monty Uke Band Practice 9:30 am Beginner Ukulele Class 10:30 am</p> <p>Exercise for Arthritis 10:30 am</p> <p>Yoga-with Elizabeth 11:00 am</p> <p>Monty Walkers 12:30 pm</p>	<p>31</p> <p>Healthy Bones 10:15 am</p> <p>Crochet and Crafts 10:30 am</p> <p>Let Yoga Dance Kate Denby 10:45 am</p> <p>Tai Chi Cancelled</p>	<p>Join us for Lunch</p> <p>Monday- Friday 11:45am</p> <p>Choice of Four Menus - Meat and Meatless</p> <p>Advance Registration Required</p> <p>Suggested Donation- \$2.50</p> <p>609-466-0846</p>	



The Somerset County Office on Aging and Disability Services operates six centers where we offer challenge, inspiring educational programs, recreation, community service opportunities and wellness programs for lifelong enrichment.



SOMERSET COUNTY OFFICE ON AGING & DISABILITY SERVICES