


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Legend</b></p> <p>CC- Conference Call                      FB- Facebook                      TMS- Teams                      ZM- Zoom</p>			<p><b>Senior Advisory Council</b> 1                      10:30 am                      email <a href="mailto:cgreenbe@sbtnj.net">cgreenbe@sbtnj.net</a>                      for the link.  <b>All invited to join TMS</b>                      1:00 POKENO- CC                      2:00 WHAT'S ON YOUR MIND?- CC</p>	<p><b>Senior Center Closed</b> 2</p> 
5 10:00 NOW & ZEN – TMS 11:30 BINGO- CC	6 10:00 BOLLYX- ZM 10:30 BOOK CLUB- CC 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	7 10:00 NOW & ZEN – TMS 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 NO PODCAST TODAY	8 10:30 WHAT'S ON YOUR MIND?- CC 1:00 POKENO- CC	9 10:00 WORK OF ART- CC 10:30 BODY SCULPTING- ZM 11:30 BINGO- CC
12 10:00 NOW & ZEN – TMS 11:30 BINGO- CC	13 10:00 BOLLYX- ZM 10:30 BOOK CLUB- CC 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	14 10:00 NOW & ZEN 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 PODCAST- CC <b>Stamps: Tiny squares Full of Secrets</b>	15 10:30 WHAT'S ON UR MIND?- CC 1:00 POKENO- CC 2:30 MEDICARE 101 with Darlene-CC (Jill's Conference Number for this)	16 10:00 WORK OF ART- CC 10:30 BODY SCULPTING- ZM 11:30 BINGO- CC
19 10:00 NOW & ZEN – TMS 11:30 BINGO- CC	20 10:00 BOLLYX- ZM 10:30 BOOK CLUB- CC 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	21 10:00 NOW & ZEN – TMS 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 PODCAST- CC <b>TED Talk: The Beautiful Nanos Details of our World</b>	22 10:30 WHAT'S ON UR MIND?- CC 1:00 POKENO- CC	23 10:00 WORK OF ART- CC 10:30 BODY SCULPTING- ZM 11:30 BINGO- CC
26 10:00 NOW & ZEN – TMS 11:30 BINGO- CC	27 10:00 BOLLYX- ZM 10:30 BOOK CLUB- CC 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	28 9:00 CATCH UP WITH CARYL- TMS Email: <a href="mailto:cgreenbe@sbtnj.net">cgreenbe@sbtnj.net</a> for link 10:00 NOW & ZEN – TMS 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 PODCAST- CC <b>Decoder Rings: Ice Cream Truck</b>	29 10:30 WHAT'S ON UR MIND?- CC 1:00 POKENO- CC	30 10:00 WORK OF ART- CC 10:30 BODY SCULPTING- ZM 11:30 BINGO- CC

## TMS (Teams) Programs- Virtual “on camera” programs – **KINDLY SIGN UP FOR THESE PROGRAMS IF YOU WISH TO ATTEND**

Catch Up with Caryl- Do you miss the chatter of what’s going on? Do you have thoughts you’d like to share? Join Caryl for an informal talk of this past year, current activities and any questions you may have about the happenings planned as we slowly get back to normal. **Wednesday, April 28<sup>th</sup>** Email [cgreenbe@sbtnj.net](mailto:cgreenbe@sbtnj.net) to sign up and get link

Now & Zen – Learn how to achieve total body restoration using a variety of modalities increasing mindfulness, energy flow, mood, and focus. Program will include deep breathing exercise, guided meditation, chanting and Reiki and so much more. Done in a chair. **Mondays & Wednesdays** Email [jfoxxe@sbtnj.net](mailto:jfoxxe@sbtnj.net) to sign up and get link, must have medicals on file.

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## Conference Call Programs- Virtual “on phone” programs- Dial the number to the corresponding program at the designated date & time.

Bingo- A timeless classic! Call Jackie at 732 329-4000 x7677 to get your board and chips sent to you. **(Call Jackie’s CC number) Mondays at 11:30am & Fridays at 2:30pm**

Book Club- (Short Story Group) - A short story is sent out each week for a discussion group. **(Call Dawn’s CC number) Tuesdays**

Medicare 101- You’ve got questions...She’s got answers! Call in to chat with **Darlene Dawson**, our friendly neighborhood SHIP (State Health Insurance Program) Counselor **SIGN UP-** Email [ddawson@sbtnj.net](mailto:ddawson@sbtnj.net) **(Call Jill’s CC number to connect with Darlene for this program) Third Thursday of the Month**

Podcasts/TED Talk Discussion Group - Listen to a selected podcast or TED Talk independently and then discuss it together. **(Call Dawn’s CC number) Wednesdays**

✚ **April 14th:** Stamps: Tiny squares Full of Secrets: <https://www.stitcher.com/show/every-little-thing/episode/stamps-tiny-squares-full-of-secrets-58426219>

✚ **April 21st:** TED Talk: The Beautiful Nanos Details of our World  
[https://www.ted.com/talks/gary\\_greenberg\\_the\\_beautiful\\_nano\\_details\\_of\\_our\\_world?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/gary_greenberg_the_beautiful_nano_details_of_our_world?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

✚ **April 27th:** Decoder Rings: Ice Cream Truck <https://www.stitcher.com/show/decoder-ring/episode/ice-cream-truck-63147113>

Pokeno- Just like bingo but with playing cards! Call Jasmine 732 329-4000 x 7670 or Jill 732 329-4000 x 7675 to get your board and chips sent to you. **(Call Jill’s CC number) Tuesdays at 2:30pm & Thursdays at 1:00pm.**

Work of Art- Join us for a presentation and discussion on famous artists of our time. **(Call Jill’s CC number) Fridays**

What’s On Your Mind? - We have any number of topics on this discussion group - trivia, fun facts, riddles, news stories, etc. **(Call Dawn’s CC number) Thursdays**

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**Conference Call Info** - Please refer to calendar for dates and times for these events. Thank you.

**Dawn-** Brain Buzz, Podcast, Book Club and WOYM (what's on your mind)..... Questions? Call **732.329.4000 x 7212** or email [dneglia@sbtnj.net](mailto:dneglia@sbtnj.net)

**Dial-in number:** 1(701) 802-5106

**Access code:** 4471986#

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**Jackie-** Bingo ..... Questions? Call **732.329.4000 x 7677** or email [jjohnson@sbtnj.net](mailto:jjohnson@sbtnj.net)

**Dial in Number:** 1(425) 436-6359

**Access Code:** 2789916

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**Darlene-** Medicare 101 Updates ..... Questions? Call **732.329.4000 x 7676** or email [ddawson@sbtnj.net](mailto:ddawson@sbtnj.net)

**Jasmine-** Pokeno .....Questions? Call **732.329.4000 x 7670** or email [jaynilia@sbtnj.net](mailto:jaynilia@sbtnj.net)

**Jill-** Works of Art..... Questions? Call **732.329.4000 x 7675** or email [jfoxxe@sbtnj.net](mailto:jfoxxe@sbtnj.net)

**Dial in Number:** 1(701) 802-5434 for all of the above programs.

**Access Code:** 3910837

**Password:** 540540