


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:00 NOW & ZEN – RPSP 11:30 BINGO- CC	4 10:00 BOLLYX- RPSP 10:30 BOOK CLUB- CC 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	5 10:00 ZUMBA- RPSP 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 PODCAST- CC Cinco De Mayo	6 Senior Advisory Council 10:30 am email cgreenbe@sbtnj.net for link. All invited to join TMS 1:00 POKENO- CC 2:00 WHAT'S ON YOUR MIND?- CC	7 FLORABUNDANCE! – Senior Center Floral Beautification 10:00 – 12:00 (must have signed up) 10:30 BODY SCULPTING- RPSP 11:30 BINGO- CC
10 11:00 am Opening Day for the GARDEN 10:00 NOW & ZEN – RPSP 11:30 BINGO- CC	11 10:00 BOLLYX- RPSP 10:30 BOOK CLUB- CC 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	12 - South Brunswick Police Lecture SCAMS- RP 11:00 – 12:00 (sign up)- RPLP 10:00 ZUMBA- RP 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 PODCAST- CC Every Little Thing	13 9:15 NOW & ZEN- TMS 10:30 WHAT'S ON YOUR MIND?- CC 11:15- TAI CHI- RPSP 1:00 POKENO- CC	14 (SBPD RAINDATE) 10:30 BODY SCULPTING- RPSP 11:30 BINGO- CC
17 10:00 NOW & ZEN – RPSP 11:30 BINGO- CC	18 10:00 BOLLYX- RPSP 10:30 BOOK CLUB- CC 11:45 GARDEN TIPS- FB 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	19 BACK IN THE SWING EVENT 11:00 – 1:30 (must sign up) - RPLP Karickter & Mister Softee Ice Cream 10:00 NO ZUMBA TODAY 1:30 NO WRITE AWAY TODAY 2:00 NO PODCAST TODAY	20 (BITSE RAINDATE) 9:15 NOW & ZEN- TMS 10:30 WHAT'S ON UR MIND?- CC 11:15- TAI CHI- RPSP 1:00 POKENO- CC 2:30 MEDICARE 101 with Darlene-CC (Jill's Conference Number for this)	21 10:30 BODY SCULPTING- RPSP 11:30 BINGO- CC
24 10:00 NOW & ZEN – RPSP 11:30 BINGO- CC	Possible pharmacy event 25 10:00 BOLLYX- RPSP 10:30 BOOK CLUB- CC 11:15 CONFIRMED Title TBA 12:30 REPURPOSING ART- FB 2:30 POKENO- CC	26 9:00 CATCH UP WITH CARYL- TMS Email: cgreenbe@sbtnj.net for link 10:00 ZUMBA- RP 11:30 GARDEN TIPS- FB 1:30 WRITE AWAY- ZM 2:00 PODCAST- CC TED: The Loves and Lies of Fireflies	27 9:15 NOW & ZEN- TMS 10:30 WHAT'S ON UR MIND?- CC 11:15- TAI CHI- RPSP 1:00 POKENO- CC	28 10:30 BODY SCULPTING-RPSP 11:30 BINGO- CC
Senior Center Closed 31 	<u>Virtual Legend</u> CC- Conference Call FB- Facebook TMS- Teams ZM- Zoom		<u>Virtual Legend</u> RPLP- Reichler Park Large Pavilion RPSP- Reichler Park Small Pavilion	

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, May 26th** Email 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 10:00am IN THE PARK** & **Thursdays 9:15am on TEAMS** Email jfoxxe@sbtnj.net to sign up and get link, must have medicals on file.

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 & Fridays at 11:30am**

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 **(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**

📌 5/5/2021: Cinco De Mayo: <https://www.iheart.com/podcast/256-radioplasma-podcast-30954497/episode/cinco-de-mayo-31546369/>

📌 5/12/2021: Every Little Thing: The Dirt on Houseplants ... <https://gimletmedia.com/shows/every-little-thing/llhv397/the-dirt-on-houseplants>

📌 5/26/21: TED: The Loves and Lies of Fireflies...https://www.ted.com/talks/sara_lewis_the_loves_and_lies_of_fireflies?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare

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.**

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**

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

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

Access code: 4471986#

Jackie- Bingo Questions? Call **732.329.4000 x 7677** or email jjohnson@sbtnj.net

Dial in Number: 1(425) 436-6359

Access Code: 2789916

Darlene- Medicare 101 Updates Questions? Call **732.329.4000 x 7676** or email ddawson@sbtnj.net

Jasmine- Pokeno Questions? Call **732.329.4000 x 7670** or email jaynilia@sbtnj.net

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

Access Code: 3910837

Password: 540540

Jill- Questions regarding programs? Call **732.329.4000 x 7675** or email jfoxxe@sbtnj.net