







**SOMERSET COUNTY
OFFICE ON AGING &
DISABILITY SERVICES**

Montgomery Senior center
356 Skillman Rd Skillman NJ 08558
609-466-0846
Denise Crowley Manager
DECEMBER 2018



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DISABILITY SERVICES**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Silver Strength /Linda 10:15am Mammals Morris Musem 11am Monty Walkers 12:30</p>	<p>4</p> <p>Exercise for Arthritis 10:30 Yoga/ Elizabeth 11am The Full Monty Uke Band 9:30 Practice</p>	<p>5</p> <p>Move Today/10:15 Tai Chi / Herb 11am Healthy Bones/10:15 Crochet / Jane10:30 Monty Walkers 12:30 Afternoon Uke Jam 1:30</p>	<p>6</p> <p>Holiday Party Gary Morton 10:45:00 AM</p>	<p>7</p> <p>"Christmas Jams" 10:30AM  Mah Jongg 10:00</p>
<p>10</p> <p>Silver Strength /Linda 10:15am Holiday Card Rubber stamping Work Shop 10am Monty Walkers 12:30</p>	<p>11</p> <p>Exercise for Arthritis 10:30 Yoga/ Elizabeth/11 Beginner Uke10 :30 The Full Monty Uke Band 9:30 Practice</p>	<p>12</p> <p>Laughter Exercise 10:30 Tai Chi / Herb 11am Healthy Bones/10:15 Crochet / Jane10:30 Monty Walkers 12:30 Afternoon Uke Jam 1:30</p>	<p>13</p> <p>IN SERVICE Center Closed</p>	<p>14</p> <p>Ageless Grace Roz Gerken/10:30 3-13 Card Game Mah Jongg 10:00</p>
<p>17</p> <p>Silver Strength /Linda 10:15am Volunteer Appreciation 11am Blood Pressure 10am Monty Walkers 12:30</p>	<p>18</p> <p>Exercise for Arthritis 10:30 Yoga/ Elizabeth/11 Beginner Uke10 :30 The Full Monty Uke Band 9:30 Practice</p>	<p>19</p> <p>Move Today/10:15 Tai Chi / Herb 11am Healthy Bones/10:15 Crochet / Jane10:30 Monty Walkers 12:30 Afternoon Uke Jam 1:30</p>	<p>20</p> <p>Laughter Exercise 10:30 The Full Monty Uke Band 10am Practice Exercise for Arthritis 11am</p>	<p>21</p> <p>Ageless Grace Roz Gerken/10:30 The Essence of Autumn 11am Mah Jongg 10:00</p>
<p>24</p> <p>Merry Christmas  Senior Center Closed</p>	<p>25</p> <p>Merry Christmas  Senior Center Closed</p>	<p>26</p> <p>Laughter Exercise 10:30 Tai Chi / Herb 11am Healthy Bones/10:15 Crochet / Jane10:30 Monty Walkers 12:30 Afternoon Uke Jam 1:30</p>	<p>27</p> <p>Laughter Exercise 10:30 The Full Monty Uke Band 10am Practice Exercise for Arthritis 11am</p>	<p>28</p> <p>Performance Randy Accardi 10:45 Mah Jongg 10:00</p>
<p>31</p> <p>New Years Celebration 10:45  Monty Walkers 12:30</p>	<p>Join us for Lunch Monday-Friday, 11:45 Choice of Four Menus-Meat and Meatless Advance Reservations Required- Suggested Donation-\$2.50</p>			

Somerset County Senior Center: Offering challenge, inspiring educational programs, recreation,community service opportunities and wellness programs for Lifelong Enrichment.Enjoy a choice of four delicious and healthy lunches for a suggested donation of \$2.50 or more..(Price for Guests under 60: \$7.60) Call Manager Denise Crowley @609-466-0846 before 10am at least one business day before for your lunch reservations.