

Scheduled Events and Activities for City of Perth Amboy, Department of Human Services, Office on Aging

Offering Support, Friendship and Wellness 732-826-1690 - Ext. 4307 & 4325 Visit us [facebook](#)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>5</p> <p>10:45 a.m. BP Monitoring by</p> <p>1:00 p.m. BINGO</p> 	<p>** DISCLAIMER **</p> <p>All scheduled programs and trips are subject to rescheduling or cancellation. Feel free to contact us at OOA with any questions or concerns.</p> <p><i>Thank You Kindly,</i></p> <p>6</p> <p>10:30 a.m. Exercise w/ Greg</p> <p>12:00 p.m.</p>  <p>1:00 p.m. BINGO</p>	<p>** OOA Annual Casino Day Trip**</p> <p>ATLANTIC CITY – RESORTS CASINO</p> <p>Friday August 23rd</p> <p>** Must Register with Office on Aging</p> <p>** \$ 20 (Money Orders ONLY)</p> <p>Will receive \$25 back – Slot Play</p> <p>More info - Myrna x 4307 Alma x 4325</p> <p>7</p> <p>*** SING IN ***</p> <p>12 p.m. to 1 p.m.</p> <p>Community Health Fair by</p> <p>At Caledonia Splash Park</p> <p>* Food – Prizes – * Health Screenings</p> <p>1:30 p.m. BINGO</p> 	<p>1</p> <p>10:00 a.m. Eye Screening w/ Lou Sevilla</p> <p>10:30 a.m. Find Word Puzzle Contest</p> <p>prizes for 1st, 2nd & 3rd</p> <p>10:30 a.m. NO BASHA</p> <p>1:00 p.m. BINGO</p> 	<p>*** SIGN IN *** 2</p> <p>10:00 a.m. Fleamarket</p> <p>11:30 a.m.</p> <p>L.O.Y.O Take Out</p> <p>FLAT IRON</p> <p>1:00 p.m. BINGO</p> 
<p>12</p> <p>10:45 a.m. BP Monitoring by</p> <p>1:00 p.m. BINGO</p> 	<p>*** SIGN IN *** 13</p> <p>10:30 a.m. Exercise w/ Greg</p> <p>10:30 a.m. NB Farmer's Market & L.O.Y.O</p>  <p>1 p.m. Bingo</p>	<p>14</p> <p>HOME – Sharks vs Breakers</p> <p>10:30 a.m.</p> <p>Arts and Craft w</p> <p>Myrna & Alma</p>  <p>BINGO 1:00 p.m.</p>	<p>15</p> <p>*** SIGN IN ***</p> <p>10:30 a.m. Tai – Chi w – Basha</p> <p>12:00 p.m.</p>  <p>1:00 p.m. Bingo</p>	<p>16</p> <p>** Nat'l Watermelon Day **</p> <p>Surprise watermelon treat!</p> <p>**NO Fleamarket**</p> <p>LAST CALL!!</p> <p>10:00 a.m. F/M Vouchers Distribution</p> <p>With Completed Application</p> <p>and ID - ONLY</p> <p>1:00 p.m. BINGO</p> 
<p>19</p> <p>*** SIGN IN ***</p> <p>10:45 a.m. Dancing for Your Health by</p>  <p>1:00 p.m. BINGO</p>	<p>20</p> <p>10:30 a.m. Exercise w/ Greg</p> <p>1:00 p.m.</p> 	<p>21</p> <p>**** SIGN IN ***</p> <p>10:30 a.m. Wellness Program</p>  <p>1:00 p.m. BINGO</p>	<p>22</p> <p>10:30 a.m. Tai – Chi w – Basha</p>  <p>1:00 p.m. Bingo</p>	<p>23</p> <p>*** SIGN IN ***</p> <p>** NO Fleamarket**</p> <p>10:00 a.m.</p> <p>Casino Day !!</p> <p>RESORTS</p> <p>atlantic city</p> <p>**Must be Registered</p> <p>** \$ 20 pp</p> <p>Bus leaves at</p> <p>10:00 a.m. SHARP!! NO BINGO !!!</p>
<p>26</p> <p>10:30 a.m. Middlesex County Nutritionist Elizabeth Hui</p> <p>** Have a health/ Nutrition Related Question</p> <p>1:00 p.m. BINGO</p> 	<p>27</p> <p>*** SIGN IN ***</p> <p>10:30 a.m. Exercise w/ Greg</p> <p>11:30 a.m. Birthday Bash</p>  <p>1:00 p.m. BINGO</p>	<p>28</p> <p>*** SIGN IN ***</p> <p>9:00 a.m. Board Games & Dominoes</p> <p>1:00 p.m. GROCERY BINGO</p> 	<p>29</p> <p>*** SIGN IN ***</p> <p>9:30 a.m. Trip and L.O.Y.O. at</p>  <p>Welcome!</p> <p>Columbus Farmers Market</p> <p>Established in 1929</p> <p>Weather permitting</p> <p>10:30 a.m. Tai – Chi w – Basha</p> <p>1:00 p.m. BINGO</p>	<p>30</p> <p>10:00 a.m.</p>  <p>1:00 p.m. BINGO</p>

