


City of Perth Amboy, Department of Human Services, Office on Aging  
Office on Aging, *Offering Support, Friendship and*

Scheduled Events and Activities for **October 2019** BOO BOO

732-826-1690, Ext. 4307 & 4325 Visit us on  **facebook.**

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Bergenpac</b> <b>EXPLOSION DE LA SALSA DE AYER</b></p> <p><b>Friday Oct. 11 @ 8:00 p.m.</b> Bus leaves at 6:30 Sharp! Registered Seniors ONLY</p> 	<p>10:00 a.m. to 10:30 a.m.</p> <p><b>Fall Prevention Activity</b></p> <p><b>Continental Breakfast</b></p> <p>10:30 a.m. <b>Exercise w/ Greg</b></p> <p>1:00 p.m. <b>BINGO</b></p> 	<p>10:30 a.m.</p> <p><b>Arts and Craft w Myrna &amp; Alma</b></p> <p>1:00 p.m. BINGO</p> <p><b>Crafts</b></p> 	<p>10:00 a.m. EYE SCREENING</p>  <p>10:30 a.m. <b>Tai - Chi - Basha</b></p> <p>1:00 p.m. <b>Bingo</b></p> 	<p><b>*Domestic Violence Awareness*</b></p> <p>10:30 a.m. <b>WEAR PURPLE</b></p> <p><b>SAVE the FLEA MARKET</b></p> <p>1:00 p.m. <b>BINGO</b></p> 
<p>*** SIGN IN ***</p> <p>10:45 a.m. <b>Screenings/ Application for energy assistance Program</b></p> <p><b>PRAB</b></p> <p>1:00 p.m. Bingo</p> 	<p>10:30 a.m. <b>Exercise w/ Greg</b></p>  <p>1:00 p.m. <b>BINGO</b></p>	<p>*** <b>Breast Cancer Awareness</b> ***</p> <p>Special presentation by A Breast Cancer Survivor</p>  <p>10:30 a.m. <b>Continental Breakfast</b></p> <p>1:00 p.m. BINGO</p>	<p>10:30 a.m. <b>Tai - Chi - Basha</b></p>  <p>1:00 p.m. BINGO</p>	<p>*** SIGN IN ***</p> <p><b>NO FLEAMARKET</b></p> <p>1:00 p.m. to 3:00 p.m.</p> <p><b>Horizon</b></p> <p>4th Qtr. Advisory Comm. Meeting NO BINGO</p> 
<p>*** <b>CLOSED</b> ***</p>  <p><b>Columbus Day</b></p>	<p>10:30 a.m. Exercise w/ Greg</p> <p>Keep Moving JIIJJJJII</p>  <p>1:00 p.m. <b>BINGO</b></p>	<p>*** SIGN IN ***</p> <p><b>HISPANIC HERITAGE CELEBRATION</b></p> <p>10:30 A.M. TO 1:30 P.M.</p> <p><b>** Registered Seniors Only **</b></p> 	<p>*** SIGN IN ***</p> <p>10:30 a.m. <b>Tai - Chi - Basha</b></p> <p>12:00 p.m.</p> <p><b>Walmart</b></p> <p>1:00 p.m. <b>Bingo</b></p> 	<p>*** SIGN UP ***</p> <p><b>NO FLEAMARKET</b></p> <p>10:00 a.m. to 11:00 a.m.</p> <p>1:00 p.m. BINGO</p> 
<p>10:30 a.m. <b>Middlesex County Nutritionist - Elizabeth Hui</b></p> <p>** Have a health/ Nutrition Related Question? **</p> <p>1:00 p.m. <b>BINGO</b></p> 	<p>*** SIGN IN ***</p> <p>10:30 a.m. <b>Exercise w/ Greg</b></p> <p><b>Casino Day !!</b></p> <p><b>Seniors Only</b></p> <p><b>WIND CREEK CASINO &amp; HOTEL</b></p> <p>11:30 a.m. Birthday Bash</p> <p>1:00 p.m. <b>BINGO</b></p> 	<p>** AWAY **</p> <p>*** <b>Mayor's Cup</b> ***</p> <p>9:30 a.m. <b>Billiard Tournament</b></p> <p><b>AWAY</b></p> <p>10:30 a.m. Find Word Puzzle Program</p> <p>1:00 p.m. BINGO</p> 	<p>10:30 a.m. <b>Tai - Chi - Basha</b></p>  <p>1:00 p.m. BINGO</p>	<p>*** SIGN IN ***</p> <p>10:30 a.m. <b>FLEA MARKET</b></p> <p>11:30 a.m. <b>L.O.Y.O</b></p> <p>1:00 p.m. <b>BINGO</b></p>  
<p>*** SIGN IN ***</p> <p>10:30 a.m. <b>Halloween Arts and Crafts W</b></p> <p><b>Horizon</b></p> <p>1:00 p.m. <b>BINGO</b></p>  	<p>*** SIGN IN ***</p> <p>10:30 a.m. <b>Exercise w/ Greg</b></p> <p>1:00 p.m. BINGO</p> 	<p><b>WellCare</b> Beyond Healthcare. A Better You.</p> <p>10:30 a.m. 2020 "New" Plan Medicare Advantage Benefits Q &amp; A</p> <p>1:00 p.m. <b>BINGO</b></p> 	<p>*** SIGN IN ***</p> <p>10:30 a.m. to 1:00 p.m. <b>Halloween Bash</b></p> <p>Prices for the BEST COSTUMES</p> 	<p><b>Happy Halloween</b></p> 