# February – March Activities Congregate Meals Program through a grant from OCSS

Every Monday and Wednesday 12pm **RSVP** needed on Friday by 10am for Monday and on Tuesday by 10am for Wednesday The meals must be eaten on site. \$2 donation requested

## Wellness Speaker Programs / Activities offered after every meal

- Feb 5 Nutritionist Jennifer Collins (1st Mon)
- Feb 7
- Feb 12 Beacon of Life GC Bingo after meal (2<sup>nd</sup> Mon) and Fulfill of Monmouth/Ocean Mobile Food Pantry 12-1pm
- Feb 14 Brielle Ortho GC Bingo after meal
- Feb 19 CLOSED for the Holiday
- Feb 20 Bingo with Barnegat Rehab
- Feb 21 Seacrest Village Holiday Bingo (3<sup>rd</sup> Wed)
- Feb 26 Senior Advisory Meeting 10:30am Fran Panella from Silverwoods
- Feb 26 Bingo with Right at Home Senior Care
- Feb 28 Bingo with Bratton Law
- Feb 29 Lunch n Learn with Dr Fetchinson Joint-Knee-Hip and GC Bingo Bingo \*\*\* YOU MUST PRE-REGISTER TO ENSURE AN ACCURATE FOOD COUNT

# Wellness Speaker Programs / Activities are offered after every meal

- Mar 4 Nutritionist Jennifer Collins (1<sup>st</sup> Mon)
- Mar 5
- Mar 6 Horizon Blue Educational program with Vinnie Bullying
- Mar 11 Beacon of Life GC Bingo after meal (2<sup>nd</sup> Mon)
- Mar 12 Bingo with Tallwoods
- Mar 13 Bingo with Health Village Imaging after meal
- Mar 18 Senior Advisory Meeting 10:30am Earth Nieves, Public Affairs Specialist Social Security Administration
- Mar 18 Fulfill of Monmouth/Ocean Mobile Food Pantry 12-1pm
- Mar 18
- Mar 19 Bingo with Barnegat Rehab
- Mar 20 Seacrest Village Holiday Bingo (3<sup>rd</sup> Wed)
- Mar 25 Bingo with Right at Home Senior Care
- Mar 26 Bingo with Aspen Dental
- Mar 27 NJNG Energy Lingo Carolyn Gatton







#### Lunch & Pizza BINGO – 12pm TUESDAYS Fulfill of Monmouth & Ocean Counties

Fulfill provides box lunches eaten in or take home \$2 donation requested

Please RSVP your attendance 2 days prior to the program, so that enough food can be ordered

## The following businesses will provide the prizes & Gift Cards at Bingo every month

- 1st TUESDAY hot meal
- 2<sup>nd</sup> TUESDAY Tallwoods (hot meal)
- 3<sup>rd</sup> TUESDAY Barnegat Rehab & Nursing (& PIZZA)
- 4th TUESDAY Aspen Dental (& PIZZA)
- 5<sup>th</sup> TUESDAY Beacon of Life (& PIZZA)

#### FULFILL of MONMOUTH & OCEAN MOBILE FOOD PANTRY

Will be at the center on the 3<sup>rd</sup> Monday of each month12-1pm.

OCEAN COUNTY BRD OF SOCIAL SERVICES MOBILE UNIT WILL BE AT THE CENTER THE 3<sup>RD</sup> MONDAY OF EACH MONTH 12-2PM BEGINNING MARCH 18<sup>TH</sup>

