

October – November 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 are offered after every meal

October

EVERY MONDAY Dominos - Mexican Train 1pm

- Oct 2 Nutritionist Jennifer Collins (1st Mon)
- Oct 4 Help Alert GC Bingo after meal (1st Wed)
- Oct 9 CLOSED
- Oct 11 Brielle Orthopedics/ Health Village Imaging GC Bingo after meal (2nd Wed)
- Oct 13 Health Fair – Vaccines with Ocean County Health Dept 10a-2p
- **Oct 16 Senior Advisory Meeting 10:30am**
- **Oct 16 Fulfill of Monmouth/Ocean Mobile Food Pantry 12-1pm (3rd Mon)**
- Oct 16 Games / Art / Mexican Train Dominoes (3rd Mon)
- Oct 18 Seacrest Village Price is Right (3rd Wed)
- Oct 23 Ocean County Health Dept “Memory Loss, Dementia & Alzheimers Disease” presentation
- Oct 25 Executive Care Bingo (4th Wed)
- Oct 30 Ocean County Health Dept – “Stress Happens” presentation
- Oct 31 Beacon of Life GC Bingo & PIZZA

November

- Nov 1 Help Alert GC Bingo after meal (1st Wed)
- Nov 6 Nutritionist Jennifer Collins (1st Mon)
- Nov 8 Health Village Imaging GC Bingo after meal (2nd Wed)
- Nov 13 **Senior Advisory Meeting 10:30am**
- Nov 13 Beacon of Life GC Bingo after meal (2nd Mon)
- Nov 15 Seacrest Village Holiday Bingo (3rd Wed)
- **NOV 20 Fulfill of Monmouth/Ocean Mobile Food Pantry 12-1pm (3rd Mon)**
- Nov 22 Executive Care Bingo (4th Wed)
- Nov 27 TBA
- Nov 29 Ocean County Health Dept “Eating Healthy on a Budget”



**Funded in part by a grant
from the Ocean County
Board of Commissioners**



To register for these programs Contact Jeanne Broadbent
609-548-6319(Cell) or email recreation@twpoceannj.gov

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 Seaview Ortho (& PIZZA)**
- **2nd TUESDAY Tallwoods (hot meal)**
- **3rd TUESDAY Barnegat Rehab & Nursing (& PIZZA)**
- **4th TUESDAY Complete Care at the Havens (& PIZZA)**
- **5th TUESDAY Beacon of Life (& PIZZA)**

FULFILL of MONMOUTH & OCEAN MOBILE FOOD PANTRY

Will be at the center on the 3rd Monday of each month 12-1pm.

