

**EWING SENIORS ( OCTOBER 2023 PROGRAMS)**  
**ALL PROGRAMS HELD AT HOLLOWBROOK COMMUNITY CENTER**  
**320 HOLLOWBROOK DR, EWING NJ 08638**

♦ **MONDAY'S**

10:00 AM Exercise- **Karen Martin**

12:00 PM Tech/Trends For Seniors 2nd and 4th Monday of the Month

1:00 PM Jewelry/Craft-**Anne's**

♦ **TUESDAY'S**

10:00 AM Exercise- **Karen Martin**

12:30 PM Bible Study

12:30 PM Bingo

1:00 PM Senior Scholars

♦ **WEDNESDAY'S**

9:30 AM Knitting/Crochet

9:00 AM Chair Yoga- **Lisa Caruso**

1:00 PM Mexican Train

10:30-1PM Water Color- **Ally Lyons** Mercer County Library– Ewing Branch

2:00 PM Mahjongg- **Christine Kamph** ( Beginners class starts 9/13 for 6wks)

♦ **THURSDAY'S**

10:00 AM Exercise- **Karen Martin**

1:00 PM Pinochle– Mercer County Library –Ewing Branch

1:00 PM Rummikub

1:00 Balance Class- **Bob Kirby**

1:00 Bid Whist

1:30 Learn Chrome/OS

♦ **FRIDAY'S**

9:30 AM Line Dancing– **Joanne Keephart**

12:30 PM Circuit Training– **Jeff Prunetti** ( \$5 session)

## **SENIOR CITIZEN ADVISORY COMMISSION (SCAC)**

3RD THURSDAY OF THE MONTH

—General Body 10:00AM—

Meeting is open to the public.

### **CLUBS:**

- Live Wires 11AM ( 2ND Thursday of the month) RM# 201-202
- Busy C's 11AM ( 3RD Tuesday of the month) RM# 201-202
- Club D 11AM ( 1st Thursday of the month) RM# 201-202
- HB Seniors 1PM ( 2ND Friday of the month) RM# 201-202

## **MERCER COUNTY NUTRITION**

Seniors 60 and older or anyone married to a person 60 and older is welcome to participate in the nutrition program. The program is located at Hollowbrook Community Center. A person is asked to donate a \$1. Your donation is confidential. A delicious balance meal is served.

## **INTERNATIONAL COOKING PROGRAM**

12-2PM @ HB " MEXICAN CUISINE" &  
" TERRIFIC TED THE TENOR" FROM BROADWAY  
\$8 PP/ \$13 COUPLE

TICKETS AVAILABLE SENIOR OFFICE ( M-F 8:30-4:30PM)

### **Register for all programs ages 60 and older Ewing Residents:**

Hollowbrook Community Center

2nd Floor Rm# 207 Senior Office

320 Hollowbrook Drive

Ewing, NJ 08638

609-883-1776