

Glassboro Senior Center



May 2024

Hours: Monday – Friday 9am – 3pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>CALENDAR DAY!</u> <u>NO EXERCISE TODAY</u>	2 9:15a Chair Zumba 9:30a Crafts 10a Zumba 9:15a Shore Club	3 9:30a & 10:30a Let's Get Fit!	4
5	6 9:30a, 10:30a & 12p Let's Get Fit! Class	7 9:30a Intense 9:30a Crafts 10:15a Strength 11:30a Tai Chi	8 9:30a & 12p Bands	9 9:15a Chair Zumba 9:30a Crafts 10a Zumba 9a Andalusia House	10 9:30a & 10:30a Let's Get Fit! 12p MOVIE & SNACK	11
12	13 9:30a, 10:30a & 12p Let's Get Fit! Class 12p BINGO 	14 9:30a Intense 9:30a Crafts 10:15a Strength 11:30a Tai Chi 3:30p Message Bottle	15 9:30a & 12p Bands	16 9:15a Chair Zumba 9:30a Crafts 10a Zumba	17 9:30a & 10:30a Let's Get Fit!	18
19	20 9:30a, 10:30a & 12p Let's Get Fit! Class	21 9:30a Intense 9:30a Crafts 10:15a Strength 11:30a Tai Chi	22 9:30a & 12p Bands 12p BINGO 	23 9:15a Chair Zumba 9:30a Crafts 10a Zumba 11:30a Phillies Game	24 9:30a & 10:30a Let's Get Fit! 12p MOVIE & SNACK	25
26	CLOSED	28 9:30a Intense 9:30a Crafts 10:15a Strength 11:30a Tai Chi	29 9:30a & 12p Bands	30 9:15a Chair Zumba 9:30a Crafts 10a Zumba 10a Tropicana/Jersey	31 9:30a & 10:30a Let's Get Fit!	

GLASSBORO SENIOR CENTER

152 S. Delsea Dr, Glassboro, NJ 08028 856-881-8504 ext 3
Program Coordinators: Monica Hand & Sarah Hewel

Our Senior Center is open to Gloucester County Residents, 60 & over

STAY UP TO DATE ON ALL OUR ANNOUNCEMENTS!



Sign up for our text notifications or check out our Facebook page!

www.facebook.com/GlassboroSeniorCenter

Text the message @gbsenior3 to phone number 81010

You will receive a text message to reply with your first & last name.

You do not need to download an app for this service!



THE SENIOR CENTER CALENDAR IS ONLINE

On the Glassboro website & the Gloucester County Senior Services website the 1st week day of each month, except noted otherwise.

www.glassboro.org/parks-recreation OR <https://www.gloucestercountynj.gov/303/Seniors>
Scroll down & click on Senior Itinerary Left column, click on Glassboro Senior Center

SIGN UP FOR OUR ONLINE SYSTEM

This keeps track of your trips for you.

Go to this website to sign up or ask a family member to assist you.

<https://glassboro.recdesk.com/Community/Home>

Click on Create Account, fill in your name, email & phone number.

Then, click continue and complete the form.

DONATIONS The Center is partially funded through a grant from the Gloucester County Dept. on Aging under Title III of the Older Americans Act. All Title III service providers are required by the state to implement a donation policy. We will accept any donations made to the program. Make checks payable to Glassboro Parks and Recreation.

NOTARY SERVICE – This is a free service provided to our Seniors.

LUNCH – The County serves lunch in the Senior Center lunchroom daily. For information regarding lunch, please contact the lunch manager, Mike at 856-881-6610 during the hours of 9am-12pm.

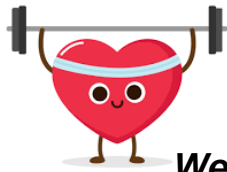
**For Gloucester County services for seniors other than the
Glassboro Senior Center's activities, please contact:**

GLoucester County DIVISION OF SENIOR SERVICES

115 Budd Boulevard, West Deptford, NJ 08096

856-384-6900 or 1-877-222-3737

**ALL PARTICIPANTS IN
ALL EVENTS, ACTIVITIES & TRIPS
MUST CARRY GOVERNMENT ISSUED PHOTO ID.**



EXERCISE CLASSES

Remember your water to stay hydrated.

Wear proper shoes/supportive sneakers for all exercise.

***Please note: On rare occasion, for the FREE exercise classes, a video may be used in place of a live class or a class may be cancelled if the program coordinators decide it's necessary due to unforeseen circumstances, vacation days, office duties/training or low attendance.**

LET'S GET FIT! – No Cost - A fun mix of different chair & standing exercises. This is a great class for beginners & those experienced in exercise.

***Please note: Monday 12pm class is always a video class.**

BANDS – No Cost – 30 minutes of exercise, working on your strength using resistance bands.

INTENSE – No Cost – Intense Chair - Get Movin' & Groovin' with this upbeat, FAST-paced chair exercise. Be ready to sweat & challenge yourself!

STRENGTH – No Cost – Strength Training – Total body strength training! Seated & standing exercises.

TAI CHI – Cost: \$3 – Focus on Calming your Mind, Controlling Your Body Movements, Breathing, Balance & Enhance your Immune System

ZUMBA – Cost: \$3 – Get your body moving and dance on your feet with Zumba Gold for Seniors.

CHAIR ZUMBA – Cost: \$3 – Get your body moving and dance with chair Zumba for Seniors.

CRAFT CLASS – No Cost – Benefits of crafting: aids in mind and brain wellness, helps the development of hand-eye coordination and spatial awareness, gives a sense of pride and achievement, teaches you patience and perseverance, encourages active creativity, and facilitates memory formation and retrieval.

**NO GLASSBORO SHUTTLE BUS
MAY 2024
9, 23, 27-29**

Please familiarize yourself with our following procedures & policies and feel free to ask us any questions you may have concerning this information. It is your responsibility to keep track of the trips you are signing up for and payments. To assist you with keeping track, please sign up for our online system- <https://glassboro.recdesk.com/Community/Home>

TRIP SIGN UP PROCEDURE

All trips are first come, first serve. A waiting list will be kept if seats become available once the trip is full. New trips will be added each month to our monthly calendar. We advertise trips anywhere from 3 months to 6 months or more in advance. To sign up, please stop in the office during hours, Monday - Friday, 9am – 3pm. Cash, Checks & most Credit Cards are accepted. We do not accept American Express. You have the option to save your credit card on file.

TRIP PARKING PROCEDURE

Please park in the parking lot on the side of the building where the flagpole is located. Please DO NOT park along the fence in front of the building near the front door. These spaces are for people visiting the building throughout the day.

CANCELLATION/REFUND POLICY

*Payments on trips with multiple installments need to be made in a timely manner; otherwise, we reserve the right to offer your seat to someone else.

*In order to receive any type of refund, you must cancel before the trip date and may be refunded AFTER the trip date ONLY IF we are able to fill your seat. We will try our best to fill your seat if a waiting list is available. If a wait list is available, your spot is nontransferable to a friend/family member.

Please do not give your seat to a friend/family member. The wait list is the best way to keep this as fair as possible for all.

*Refunds will not be issued to “no shows” & cancellations on the day of the trip or if we are unable to fill your cancelled seat with another paying traveler.

TRIP PROCEDURE

All trip departure and return times are listed in our calendar under each trip. Please arrive 15 minutes before the listed departure time. All trips depart from & return to the Glassboro Senior Center. We try to estimate the return time the best we can, which can be affected by traffic & other circumstances. Please note: the return time is the best estimate we can provide. Please meet in the Senior Center to check in for the trip and names will be called in sign up order once we are ready to load the bus.

It is required every person exit the bus when the bus is dropping us off at any location. No one can stay on the bus alone or while the bus is parked.

MOVIES at the Senior Center

Please see the front page of the calendar for this month's dates & times!

Free Movie. \$1 Snack.



No sign up required. Pay when you come in for the movie.

BINGO!!



Please see front page of calendar for this month's dates & times!

\$2 Donation to Regular Bingo. Pay when you show up for Regular Bingo.

\$3 Donation for Holiday Bingos – Sign up required for Holiday Bingos

Minimum 8 people needed to play. Bingo is approximately 1-1½ hours

THE SHORE CLUB – KENTUCKY DERBY

DATE: THURSDAY, MAY 2, 2024

COST: \$103.00 Depart: 9:15am Return: 5:45pm

This trip includes motor coach transportation on a 54-passenger bus & lunch.

WAIT LIST ONLY

ANDULUSIA HISTORIC HOUSE & ROBIN'S NEST RESTAURANT

THURSDAY, MAY 9, 2024

Depart: 9am Return: 4pm

COST: \$74.00

WE WILL USE THE PARKS & REC BUS FOR THIS TRIP

WAIT LIST ONLY

MESSAGE IN A BOTTLE @ THE MILLER THEATER

DATE: TUESDAY, MAY 14, 2024

Depart: 3:30pm Return: 10:30pm

COST: \$100

This trip includes motor coach transportation on a 54-passenger bus, stop at Reading Terminal Market for dinner on your own & show ticket.

WAIT LIST ONLY

PHILADELPHIA PHILLIES

DATE: THURSDAY, MAY 23, 2024

Depart: 11:30am Return: 5-5:30pm

COST: \$54.00

WE WILL USE THE PARK & REC BUS FOR THIS TRIP
The game starts at 1:05pm Section 138 – first level/left field

WAIT LIST ONLY

JERSEY BOYS & GIRLS TRIBUTE - TROPICANA CASINO

DATE: THURSDAY, MAY 30, 2024

Depart: 10am Return: 6:30pm

COST: \$70.00

This trip includes motor coach transportation on a 54-passenger bus, \$25 slot dollars & 3pm show ticket. Lunch is on your own.

WAIT LIST ONLY

THE LOBSTER HOUSE & FISHERMAN'S WHARF TOUR



THURSDAY, JUNE 6, 2024
Depart: 10:15am Return: 3:30pm
COST: \$49.00



WE WILL USE THE PARKS & REC BUS FOR THIS TRIP
This trip includes sit down lunch and a guided walking tour.

WAIT LIST ONLY

\$24 balance due Monday, 5/6/24

KITCHEN KETTLE VILLAGE, LANCASTER, PA with optional SPRING SHOPPING PACKAGE

FRIDAY, JUNE 14, 2024

Depart: 9am Return: 4:30pm

\$75.00–Bus & Shopping Package with Lunch Included OR \$35–Bus Only Included
This trip includes motor coach transportation on a 54-passenger bus and if you choose the shopping package. Enjoy a comfortable ride to Kitchen Kettle Village in Lancaster, PA.

Kitchen Kettle is an authentic Pennsylvania Dutch village that offers homemade food, specialty shops, a café, bakery and more with 40+ stores. Enjoy the day & stroll at your own pace. If you sign up for the bus only, lunch is on your own.

If you sign up for the bus & shopping package, you'll start your adventure with your mini shopping bag filled with offers and incentives for the participating shops.

WAIT LIST ONLY

\$40 balance due Friday, 05/03/24

VILLA ROMA RESORT in the Catskills, NY

DATE: MONDAY, JUNE 17 – WEDNESDAY, JUNE 19, 2024

Depart: Monday, 6/17/24 @ 11am Return: Wednesday, 6/19/24 approx. 4pm

\$430pp/Double Occupancy \$520/Single Occupancy

We are leaving on Monday, June 17th at 11am **SHARP** on a 54 passenger motorcoach!

WAIT LIST ONLY

Final Payment Due Date: Friday, May 10, 2024 Double: \$110 per person Single: \$140



WILDWOOD BOARDWALK

DATE: THURSDAY, JUNE 27, 2024

Depart: 10:30am Return: 5:30pm

COST: \$34.00

***Wildwood trip is now
open to all adults
from any County***

This trip includes motor coach transportation on a 54-passenger bus. Enjoy the comfortable, air-conditioned ride on the big bus down to Wildwood, NJ. Bring a beach chair to sit on the beach, walk the boardwalk and/or ride the tramcar. Pack a lunch for the beach or stop in one of the many eateries on the boardwalk. The day is yours!

Soak up the sun, get some fresh air & just enjoy the day.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAY DUE IN FULL TO SIGN UP



AIR MOBILITY COMMAND MUSEUM

@ DOVER AIR FORCE BASE **Dover trip is now**

THURSDAY, JULY 11, 2024

Depart: 8:30am Return: 5pm

COST: \$54.00

open to all adults

from any County

This trip includes motor coach transportation on a 54-passenger bus. The Air Mobility Command Museum is located at Dover Air Force Base. Now listed on the National Register of Historic Places. The Museum is featuring a fascinating collection of rare vintage aircrafts. On a guided tour, we will climb aboard planes ranging from World War II propeller aircraft to current four-engine jet transports. The building also houses several exhibits pertaining to the history of the US Air Force and Dover AFB, a theater, which plays short films about some of the museum's aircrafts, and the Control Tower Exhibit. The Control Tower Exhibit does have 40 steps to reach the top, the view from the top makes it worth the climb, but this is optional.

After the Museum, we are stopping at the Dover Mall for lunch on your own.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$30 deposit due to sign up \$24 balance due Friday, 5/17/24

FUNNY GIRL @ THE ACADEMY OF MUSIC

DATE: WEDNESDAY, JULY 17, 2024

Depart: 3:30pm Return: 11pm

COST: \$115

This trip includes motor coach transportation on a 54-passenger bus, stop at Reading Terminal Market for dinner on your own & show ticket.

WAIT LIST ONLY

VINTAGE MAGAZINE SHOPPE TOUR & TELFORD INN

THURSDAY, JULY 25, 2024

Depart: 10:15am Return: 3pm

COST: \$45.00



WE WILL USE THE PARKS & REC BUS FOR THIS TRIP

This trip includes our tour and luncheon. The Vintage Magazine Shoppe located in Paulsboro, NJ, houses a 10,000 square foot Vintage Magazine Nostalgia Center which is dedicated to the Greatest Generation during the Greatest Century in the Greatest Country in the world! They also honor all our Veterans who saved the world several times in the 20th

Century. With 130,000 magazines & 8,000 square feet of colorful posters, photographs, magazine covers and memorabilia, the Nostalgia Center presents an iconic tour of America reflecting how our ancestors thought, felt and believed. During our 90 minute guided tour

with the oldies playing, you'll HEAR the Past, SEE the Past, TOUCH the Past and REMEMBER the Past. After our tour, we'll head to the Telford Inn for our full service luncheon which includes non-alcoholic beverages, Caesar salad, entrée & meal gratuity.

MEAL CHOICE REQUIRED AT SIGN UP. Choices are: Crab Cakes, Chicken Fettuccini Primavera or Prime Rib.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT DUE IN FULL TO SIGN UP



MAMMA MIA! @ THE ACADEMY OF MUSIC

DATE: TUESDAY, AUGUST 6, 2024

Depart: 3:30pm Return: 10:30pm COST: \$115

This trip includes motor coach transportation on a 54-passenger bus, stop at Reading Terminal Market for dinner on your own & show ticket. **WAIT LIST ONLY**

BALTIMORE CRAB FEAST & INNER HARBOR CRUISE

DATE: THURSDAY, AUGUST 15, 2024

Depart: 8am Return: 6pm

COST: \$159.00



This trip includes motor coach transportation on a 54-passenger bus, lunch buffet with all you can eat crabs during our reservation time, meal gratuities & boat cruise. **WAIT LIST ONLY**

3rd payment \$40 due by Friday, 5/17/24 Final balance payment \$39 due by Thursday, 6/13/24

TOMASELLO WINERY LUNCHEON & RESORTS CASINO

THURSDAY, AUGUST 22, 2024

Depart: 10am Return: 7:30pm

COST: \$72.00

This trip includes motor coach transportation on a 54-passenger bus, buffet lunch & \$10 slot play. We'll start our day off heading to Tomasello Winery & Banquet Hall in Hammonton, NJ for a delicious lunch buffet where they pride themselves on choosing only the best ingredients & flavors. Tomasello is the second-oldest active winery in the state. The vineyard was first planted in 1888 and opened to the public in 1933 after the end of Prohibition. After our buffet lunch, we are off to Resorts Casino in Atlantic City, NJ. You will receive \$10 free slot play. Play the slots & tables, shop, walk the boardwalk or to a neighboring casino. The Hard Rock Casino is right next door. The day is yours to enjoy!

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$40 deposit due to sign up

\$32 final balance due on Wednesday, June 12, 2024

BREAKFAST ON THE BAY – TUCKERTON, NJ

THURSDAY, AUGUST 29, 2024

Depart: 8:30am Return: 3:30pm

COST: \$42.00



WE WILL USE THE PARKS & REC BUS FOR THIS TRIP

Join us aboard the thirty foot pontoon boat, Tuckerton Seaport's Floating Classroom for Breakfast on the Bay. We will board the boat in front of the Tuckerton Seaport replica lighthouse, and cruise to the Dockside Café for breakfast. Dockside Café sports 'communal' style seating, large parties are not guaranteed to sit together. Once breakfast is done, the group will get back on the boat for a tour of the Tuckerton Creek. Enjoy this exciting start to the day while the seaport guide and captain delivers an immersive tour of the art, history, and environment on Tuckerton Creek and lower Barnegat Bay.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$22 deposit due to sign up

\$20 final balance due on Monday, July 8, 2024

"DANIEL" @ SIGHT & SOUND THEATER

DATE: FRIDAY, SEPTEMBER 6, 2024

Depart: 10am Return: 7:30pm

COST: \$149.00

Register Now!

Limited Seats
Available

This trip includes motor coach transportation on a 54-passenger bus, buffet lunch & show ticket.

We have guaranteed premium floor level theater seating for this show! Sign up to enjoy a comfortable ride on a big bus to Lancaster, PA! First, enjoy a delicious lunch with more options than you can eat. Be ready to feast on a full buffet lunch at the Golden Corral. We received such great feedback last time, so let's do it again! Golden Corral's buffet lunch is never short of tasty options to choose. Whether you prefer burgers, soup and salad, or a hearty hot meal, this buffet lunch will keep your body fueled for the day. You can even be your own burger boss! Their steak burgers are fire-grilled and served on top of their signature rolls, along with an assortment of toppings that allow you to build your own burger your way. Other options they will have for you to feast on are bourbon street chicken, pot roast, meatloaf, fried chicken, baked or fried fish, pork, pizza and more with all the sides and fixings you need. Don't forget their dessert buffet too! Be ready to eat as little or as much as you desire during our time there! After lunch, we'll head straight to Sight & Sound Theater for their new 2024 show, DANIEL. Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. As royal pressures mount, Daniel is faced with a dangerous choice. From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience. Sight & Sound Theater is known for their epic stories that come to life on a panoramic stage offering unforgettable and uplifting shows. Our seats are premium floor level seats in the left center section 102. No stairs required!

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$40 Deposit Due to Sign Up \$40 2nd payment due by Friday, 5/3/24

\$35 3rd payment due by Friday, 6/7/24 \$34 final balance due by Friday, 7/5/24

PEDDLER'S VILLAGE

THURSDAY, SEPTEMBER 12, 2024

Depart: 10am Return: 5pm

COST: 2 PRICE OPTIONS AVAILABLE

\$82 – Bus & Lunch Included / \$35 - Bus Only Included

This trip includes motor coach transportation on a 54-passenger bus, and if you choose lunch at the Cock 'N Bull Restaurant. Join us at Peddlers Village in Celebrating 45 years of Scarecrow in the Village. An autumn tradition continues, over 100 scarecrows line the brick pathways. Some are inspired by famous characters, some are humorous, some are scary – but all of them are carefully handmade by Philly-area residents and organizations. Enjoy a walk around the charming village, visit the specialty shops and small boutiques, indulge in a hot/cold drink and delicious treat at the cafés and bakeries. If you sign up for the bus only, lunch is on your own. If you sign up for the bus & lunch, we will start with lunch at the Cock N' Bull Restaurant. Lunch includes beverages, salad, entrée & dessert. **MEAL CHOICE REQUIRED AT SIGN UP.** Entrée Choice: Potato - Crusted Salmon OR Roasted Turkey.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$35 deposit due to sign up

\$47 final balance for lunch package due on Monday, July 8, 2024

“THE TEMPTATIONS REVUE” @ TROPICANA

DATE: THURSDAY, SEPTEMBER 19, 2024

Depart: 10am Return: 6:30pm

COST: \$74.00

This trip includes motor coach transportation on a 54-passenger bus, \$25 slot play & show ticket. Enjoy free time at Tropicana in Atlantic City, play the slots and have lunch on your own. Then, get ready for an energetic toe-tappin', dancin' in your seat show! When five men took the stage nearly 40 years ago, their stunning harmonies and tight choreography combined with excellent vocals created a legend. The Temptations made musical history with their string of fabulous pop and funk hits in the 60s and 70s. This show is a musical extravaganza filled with songs from the library of one of the greatest Motown acts of all time. The moves and arrangements performed by the group are a replica of the original Temptations show! Nate Evans joined The Temptations after the passing of the original members and is now the lead singer with his soulful voice in the spectacular performance. Enjoy some of your Motown favorites such as “The Way You Do the Things You Do”, “Get Ready”, “Just My Imagination”, “Since I Lost My Baby”, and their signature #1 hit, “My Girl”.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$40 Deposit Due to Sign Up \$34 2nd payment due by Friday, 5/24/24



NEW YORK
BOTANICAL GARDEN

EST 1891

NEW YORK BOTANICAL GARDEN & LITTLE ITALY – ARTHUR AVE

FRIDAY, OCTOBER 18, 2024

Depart: 8am Return: 6pm

COST: \$118.00



This trip includes motor coach transportation on a 54-passenger bus, admission to the New York Botanical Garden & free time in Little Italy. Enjoy a relaxing morning ride to New York as we head to the New York Botanical Garden. The New York Botanical Garden (NYBG) is a botanical garden at Bronx Park in the Bronx, New York City. Established in 1891, it is located on a 250-acre site that contains a landscape with over one million living plants; the Enid A. Haupt Conservatory, a greenhouse containing several habitats; and the LuEsther T. Mertz Library, which contains one of the world's largest collections of botany-related texts. Immerse yourself in nature and walk to gardens, tour the greenhouse or take a ride on their tram around the gardens. Lunch is on your own today so you can have a bite to eat at the NYBG café. You will also have a chance to grab a bite at our second stop for the day. After the gardens, we'll head to Arthur Avenue also known as Little Italy in the Bronx. Generations of Italian families have given the area a special small-town character unique for an urban setting. While taking the short walk through the neighborhood, enjoy the good taste of tradition! Explore and shop the best place for bread, pasta, meats, pastries, espresso and more. The vast array of markets, butchers, pasta & pastry shops is the perfect getaway for a stroll. You don't have to be Italian to enjoy the Little Italy of the Bronx.

SIGN UP ANYTIME DURING OUR BUSINESS HOURS IN THE OFFICE

PAYMENT IN FULL OR USE PAYMENT PLAN BELOW:

\$45 deposit due to sign up

\$40 payment due on Monday, June 24, 2024

\$33 final balance due on Monday, August 26, 2024