



## TOWNSHIP OF LAWRENCE OFFICE ON AGING

### July 2024 Senior Center Program and Activity Highlights

(Thursday, July 4<sup>th</sup> – Center Closed for Holiday)

#### **SUMMER EXERCISE PROGRAM UPDATES**

Monday & Thursday 9:00 AM Exercise Class will resume at the Senior Center (30 East Darrah Lane) **STARTING July 1st.**

Summer Tai-Chi will STILL be held at the Senior Center.

*Senior Yoga will resume in September!*

#### **Walk with Ease Series - Tuesdays at 10:00 AM July 2, 9 & 16th**

The walking group meets at Colonial Lake by the first parking lot when you cross over Route 1 - 100 Bridge Dr. Lawrence, NJ.

*Improve Balance, Reduce Pain, Build up stamina, strength, & walking pace!*

#### **Park Photography Walking Group - Thursdays at 1:00 PM July 11, 18 & 25th**

We will be meeting at different parks across Lawrence Township to capture the beautiful nature spots our town has to offer! See flyer for park locations. Please call the Senior Center (609-844-7048) if you need help with directions.

Please bring a camera/ phone, water and wear good walking shoes.

*If the weather is bad or too hot for you, please do not show up.*

#### **Cornhole Practice - Thursdays ALL DAY**

Make new friends and form teams of two for upcoming Cornhole Tournament this **September!** Teams can practice throughout the day at the center!

#### **Trip to NJ State Museum - Friday, July 19<sup>th</sup> at 10:00 am**

We are meeting at the museum at 10 am by the front entrance.

One of our Lawrenceville senior's photography will be on exhibition at the Museum. There will be a short talk on their work.

Limited transportation available from Senior Center. You will need to meet at the center by 9:15 AM. Please contact the center (609-844-7048).

#### **Dog Days of Summer - Tuesday, July 30<sup>th</sup> from 2:00 – 4:00 PM**

Join the Lawrence senior group for a summer outing at Captain Paul's Firehouse Dogs for hot dogs, soda, chips and ice-cream and good company. Beat the Heat! Registration required at the Senior Center by July 23<sup>rd</sup>, to receive your ticket/voucher.

*Captain Paul's Firehouse Dogs Address: 2230 Princeton Pike, Lawrence, NJ 08648*

#### **UPCOMING SUMMER EVENTS**

**LUAU – Thursday, August 8<sup>th</sup> 1:00 – 3:00 PM**

**TRENTON TUNDR BALL PARK – Friday, August 30<sup>th</sup> Leaving the Senior Center 5:30 PM.**

**More information to follow.**

**Lawrence residents 60 and older are welcome to participate in ongoing activities at the Senior Center which include Exercise Class, Acrylic Art Class, Sculpture Class, Watercolor Freestyle Class, Mah-Jongg, Busy Bees, Duplicate Bridge, Club 1 & 2, Line Dancing, Memoir Writing Class, Rummikub and Bingo! Please contact the Lawrence Senior Center or visit us to register for programs!**