

JULY 2024 PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Belleville Senior Services 518 Washington Avenue Belleville, NJ 07109 973-751-6000	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Cup Game 4:00 lunch 4:30 Bingo 1:30 PM Bank	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Ring Toss 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Ladder throw 4:00 lunch 4:30 Bingo 1:30 PM ShopRite	1:00 Breakfast 1:30 Bingo 2:30 Exercise Janeth 3:00 Ring Toss 4:00 lunch 4:30 Bingo Happy 4 th of July	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Bowling 4:00 lunch 4:30 Bingo	
	7	8	9	10	11	12
	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Shuffle Board 4:00 lunch 4:30 Bingo 1:30 PM Dollar Store	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Ingrid 3:00 Basketball 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Golf 4:00 lunch 4:30 Bingo 1:30 PM Super Fresh	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Hot Potatoes 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Chama 2:00 Tic Tac toss 4:00 lunch 4:30 Bingo	4 th Independence Day 6 th International Kissing Day 10 th Piña Colada Day 11 th 7-11's Birthday 13 th French Fries Day 20 th First Moon Landing 24 th National Tequila Day 26 th Parents' Day 30 th Father-in-Law Day
14	15	16	17	18	19	20
The Romans called the month Quintilius, which means fifth. A Roman Senate renamed the month to Julius (July) in honor of Julius Caesar, who was born on 12 July.	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Ring Toss 4:00 lunch 4:30 Bingo 1:30 PM TJ Max	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Golf 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Bean Bag toss 4:00 lunch 4:30 Bingo 1:30 PM Food Depot	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Axe Throw 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Janeth 3:00 Ladder Karaoke 4:00 lunch 4:30 Bingo	
21	22	23	24	25	26	27
Birthstone: Ruby Flower: Larkspur, Water Lily Astrological Signs: Cancer: Jun 21 - Jul 22 Leo: Jul 23 - Aug 22	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Ladder Throw 4:00 lunch 4:30 Bingo 1:30 PM Walmart	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Ingrid 3:00 Bowling 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Shuffleboard 4:00 lunch 4:30 Bingo 1:30 PM Aldi's	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Cornhole 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Chama 3:00 Cup Game 4:00 lunch 4:30 Bingo	Activities and Participation are subject to change and discretion of the Administration. Trips and Outdoor Activities may be canceled due to the weather
28	29	30	31			
	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Tao 3:00 Basketball 4:00 lunch 4:30 Bingo 1:30 PM Marshall's	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Ricky 3:00 Bowling 4:00 lunch 4:30 Bingo	1:00 Breakfast 1:30 Bingo 2:30 Exercise w/ Yvette 3:00 Ladder throw 4:00 lunch 4:30 Bingo 1:30 PM Food Market	OUR CENTER PROVIDES TWO SHIFTS OF SERVICES FOR YOUR CONVINIENCE 7:45 AM-12:45 PM 1:00 PM-6:00 PM		DAILY ACTIVITIES Beauty Salon, Exercise, Table Games, Trivia, Music, Arts & Crafts, Trips, Laundry, TV / Movies, Grand Bingo, Yoga.

JULY IS INVITE A FRIEND MONTH
 ANY FRIEND OR FAMILY MEMBER WITH MEDICAID CAN COME WITH YOU TO PARTICIPATE IN ALL OF OUR DAILY PROGRAMING AND EVENTS