

Hoboken Senior Citizens Program

July 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 City of Hoboken Mayor Emily B. Jabbour Thomas Foley, Division Head			Band Resistance 10am Senior Dining Room Newport Mall 12noon	Tai Chi 11:15 Gymnasium Chair Yoga 12:15 Gymnasium	Holiday Closed	4th of July No Shuttle
5	6	7	8	9	10	11
	Zumba Class 10:15 Gymnasium Bingo 11am Senior Dining Room	Tai Chi 11:15 Gymnasium Chair Yoga 12:15 Gymnasium Art Class Senior Dining Room Atlantic City	Newport Mall 12noon Senior BBQ Barbecue 12noon	Bingo 11am Tai Chi 11:15 Chair Yoga 12:15 Citi Field Bus Ride 10am	Band Resistance 10am Fox Hill Food Pantry Distributions 10-12pm	Plaza at the Meadows 11am
12	13	14	15	16	17	18
	Zumba Class 10:15 Gymnasium Bingo 11am Senior Dining Room	Bingo 11am Senior Dining Room Tai Chi 11:15 Gymnasium Chair Yoga 12:15 Gymnasium Art Class Senior Dining Room	Band Resistance 10am Senior Dining Room Newport Mall 12noon	Tai Chi 11:15 Gymnasium Chair Yoga 12:15 Gymnasium	Band Resistance 10am Fox Hill	Liberty Commons 11am
19	20	21	22	23	24	25
	Zumba Class 10:15 Gymnasium Bingo 11am Senior Dining Room	Bingo 11am Senior Dining Room Tai Chi 11:15 Gymnasium Chair Yoga 12:15 Gymnasium Art Class Senior Dining Room	Band Resistance 10am Senior Dining Room Hudson Home Health Physical Therapy Series Balance & Falls 11am Newport Mall 12noon	Tai Chi 11:15 Gymnasium Chair Yoga 12:15 Gymnasium "Day at the Beach" Asbury Park Bus Leaves 9am From Multi Service Center	Band Resistance 10am Fox Hill Food Pantry Distributions 10-12pm	Edgewater Commons 11am
26	27	28	29	30	31	
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