

Upper Township Senior and Wellness Center

1369 Stagecoach Road
Palermo, New Jersey 08230
609-390-9409

Lunch is served daily at 11:30 am. You must call the day before, no later than 11am, to make a reservation!

MONDAY

Pool Table– Pick Up Games A.M.
Card Games (Pinochle, etc)
Shuffleboard (Table)
Dominos
Puzzles

TUESDAY

Pool Table– Pick Up Games A.M.
Card Games (Pinochle, etc)
Shuffleboard (Table)
Walking Club
Bingo at Noon
Dominos
Puzzles

**Visiting Nurse Last Tuesday of
the Month**

WEDNESDAY

Pool Table– Pick Up Games A.M.
Card Games (Pinochle, etc)
Sit and Be Fit Exercises
Shuffleboard (Table)
Dominos
Puzzles

**Monthly Birthdays Celebrated
the 1st Wednesday**

THURSDAY

Pool Table– Pick Up Games A.M.
Card Games (Pinochle, etc)
Shuffleboard (Table)
Walking Club
Bingo at Noon
Dominos
Puzzles

FRIDAY

Pool Table– Pick Up Games A.M.
Card Games (Pinochle, etc)
Shuffleboard (Table)
Crafts
Dominos
Puzzles
Movies Available to Watch



*Hours of Operations are 9:00 a.m. to
3:00 p.m. Monday—Friday*

CARDS, COFFEE, NUTRITION, CONVERSATION, & EXERCISE!