

October 2023 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 75th Anniversary Of the US-Korean Alliance (Building closed for all other activities.)	2 <i>Tai Chi – 10-11am</i> <i>Kung Fu Fan – 11-Noon</i> <i>Pilates 6-7pm</i> (No open gym Or Adult Basketball tonight)	3 Body Sculpt** 10 – 11 am Stretch & Tone – 11:05-12:05 pm Track & Field* TGA Golf* 3:30 – 5:30 pm Boys’ Basketball League Try-outs – 6-9 pm Girls’ Basketball Registration- 6- 8:30 -pm	4 Yoga – 10 – 11 am Chair Yoga -11:05 -12:05 ADA Meeting 1 – 2 pm <i>Tai Chi – 4 – 5 pm</i> <i>Yoga – 6:30 – 7:30 pm</i> Adult Basketball 6:30 – 8:30 pm	5 Body Sculpt** 10 - 11 am Stretch & Tone 11:05 – 12:05 USSI Multi Sports* USSI Soccer* 3:30 – 5:30 pm <i>Fitness Fusion- 6-7pm</i> Line Dance – 6-7pm Zumba – 7:05-8:05pm Girls’ Basketball Registration 6- 8:30pm	6 Pilates: 10:30 – 11:30 am <i>Dance Fusion: 11:30 - 12:30 pm</i> (Building closed for Health Fair set up after 1 pm.) Afternoon and Evening Activities Cancelled	7 Fort Lee Health Fair 9 am – Noon (All other activities cancelled for today).
8 USSI Soccer – 9 AM – Noon High School Open Gym 1 – 3:30 PM	9 Columbus Day Building will be closed. today.	10 Body Sculpt** 10 - 11 am Stretch & Tone 11:05 – 12:05 Track & Field* TGA Golf* 3:30 – 5:30 pm Boys’ Basketball League Try-outs – 6-9 pm	11 Yoga – 10 – 11 am Chair Yoga -11:05 -12:05 <i>Tai Chi – 4 – 5 pm</i> <i>Yoga – 6:30 – 7:30 pm</i> Adult Basketball 6:30 – 8:30 pm	12 Body Sculpt** 10 - 11 am Stretch & Tone 11:05 – 12:05 USSI Multi Sports* USSI Soccer* 3:30 – 5:30 pm <i>Fitness Fusion- 6-7pm</i> Line Dance – 6-7pm Zumba – 7:05-8:05pm	13 Pilates: 10:30 – 11:30 am <i>Dance Fusion: 11:30 - 12:30 pm</i> <i>Tai Chi – 2-3 pm</i> Open Gym: 5 th & 6 th grades: 3:30 – 5:30 Adult Basketball 6:30-8:30 pm	14 Korean Hanbok Day Celebration (All other activities cancelled for today).
15 USSI Soccer – 9 AM – Noon High School Open Gym 1 – 3:30 PM	16 <i>Tai Chi – 10-11am</i> <i>Kung Fu Fan – 11-Noon</i> Open gym 7 & 8th grades-3:30-5:30 pm <i>Pilates 6-7pm</i> Adult Basketball 6:30-8:30 pm	17 Body Sculpt* 10 – 11 am Stretch & Tone – 11:05-12:05 pm Track & Field* TGA Golf* 3:30 – 5:30 pm Boys’ Basketball League Try-outs – 6-9 pm	18 Yoga – 10 – 11 am Chair Yoga -11:05-12:05 <i>Tai Chi – 4 – 5 pm</i> <i>Yoga – 6:30 – 7:30 pm</i> Adult Basketball 6:30 – 8:30 pm	19 Body Sculpt** 10 - 11 am Stretch & Tone 11:05 – 12:05 USSI Multi Sports* USSI Soccer* 3:30 – 5:30 pm <i>Fitness Fusion- 6-7pm</i> Line Dance – 6-7pm Zumba – 7:05-8:05pm	20 Pilates: 10:30 – 11:30 am <i>Dance Fusion: 11:30 - 12:30 pm</i> <i>Tai Chi – 2-3 pm</i> Open Gym: 5 th & 6 th grades: 3:30 – 5:30 Adult Basketball 6:30-8:30 pm	21 9:30- 10:30 am- Line Dance 10:35-11:35 am Zumba Noon – 4 pm Adult Badminton
22 USSI Soccer – 9 AM – Noon High School Open Gym 1 – 3:30 PM	23 <i>Tai Chi – 10-11am</i> <i>Kung Fu Fan – 11-Noon</i> Open gym 7 & 8th grades-3:30-5:30 pm <i>Pilates 6-7pm</i> Adult Basketball 6:30-8:30 pm	24 Body Sculpt* 10 – 11 am Stretch & Tone – 11:05-12:05 pm Track & Field* TGA Golf* 3:30 – 5:30 pm Boys’ Basketball League Try-outs – 6-9 pm	25 Yoga – 10 – 11 am Chair Yoga -11:05-12:05 <i>Tai Chi – 4 – 5 pm</i> <i>Yoga – 6:30 – 7:30 pm</i> Adult Basketball 6:30 – 8:30 pm	26 Body Sculpt** 10 - 11 am Stretch & Tone 11:05 – 12:05 <i>Fitness Fusion- 6-7pm</i> Line Dance – 6-7pm Zumba – 7:05-8:05pm	27 Building will be Closed to set up For Early Voting. Early voting will be held from Saturday, October 28th through Sunday, Nov. 5th. Election Day is Tuesday, November 7th.	28 Early Voting Only 10 am – 8 pm
29 Early Voting Only 10 am – 6 pm	30 Early Voting Only 10 am – 8 pm	Nov. 1 Early Voting Only 10 am – 8 pm	Community Center Closed for Early Voting and Election Day. The building will re-open with its normal schedule on Wednesday, 11/8/23.	Make sure you have your Community Center ID card with you at all times when using the Center.	All adult activities and classes are for ages 18 and over except where noted. Children are not permitted in adult classes.	All activities and times are subject to change without notice due to unforeseen circumstances. Please call our main desk if you have questions. 201-592-4699, M-F between 9 am & 4 pm.

KEY:

ITALICS = Upstairs Multipurpose Room
BOLD: downstairs meeting room

*** Recreation Department Program**
****Register at Community Center**