

AUGUST

2025

Union County Senior Café

Union County Senior Nutrition Program Education Workshops

All Congregate Senior Café sites will receive Quarterly Nutrition Education Workshops. During the Nutrition workshops clients will receive written information along with nutrition education resources/tips designed to promote independence, dignity, socialization, health and well-being of the participants.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <u>JSY L11 Workshop</u> Plainfield Senior Center	2
3	4	5	6	7	8 <u>JSY L11 Workshop</u> Kenilworth Senior Center	9
10	11	12 <u>JSY L11 Workshop</u> Shady Rest (Scotch Plains)	13	14	15 <u>JSY L11 Workshop</u> Stephen Sampson Senior Center (Elizabeth)	16
17	18	19 <u>JSY L11 Workshop</u> Peterstown Community Ctr (Elizabeth) Gregorio Recreation Center (Linden)	20	21 <u>JSY L11 Workshop</u> Hillside Senior Center	22	23
24	25	26	27	28	29	30
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