

Senior Lounge

♥ AT THE BAIRD ♥

≡ Thursdays 12 – 2 PM ≡

The Baird Community Center
5 Mead Street, South Orange, NJ

Good Friends ♥ Great Conversations
Fun Programs ♥ A Welcoming Community



Together
Brighter
Every Day!

THE BAIRD
COMMUNITY
CENTER

OCTOBER 2026

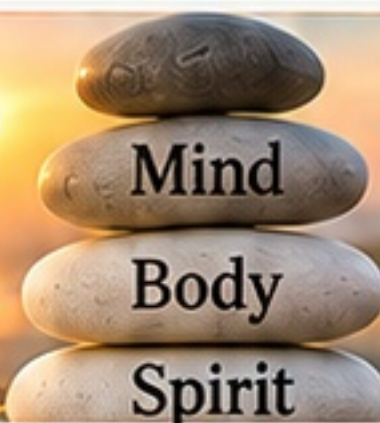
All Are
Welcome!

THURSDAY
OCTOBER

1

Spirituality and Aging

Join us for a thoughtful discussion about finding meaning, purpose, and peace in this stage of life.



A Calmer
Happier
You!

THURSDAY
OCTOBER

8

Floriam Park Opera Productions

Enjoy a special presentation of beautiful music and highlights from upcoming performances by Floriam Park Opera Productions.



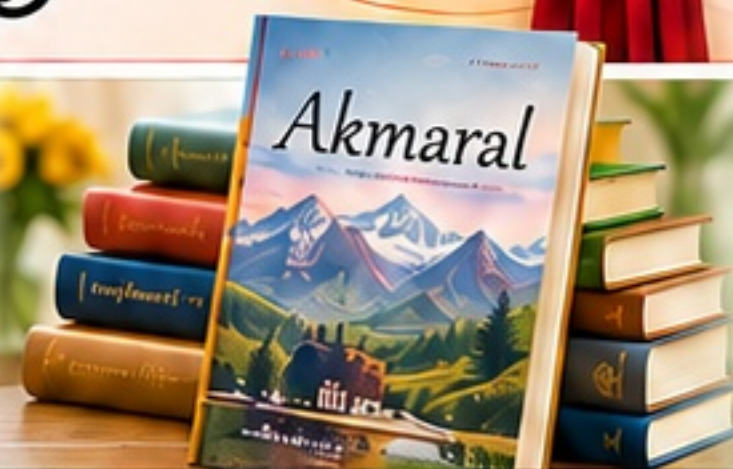
The
Power
of
Music!

THURSDAY
OCTOBER

15

Author Judith Lindberg

Director of the Writers Circle, discusses her latest book *Akmaral*.
Learn about her inspiration and the writing process.



Stories
Inspire
Us!

THURSDAY
OCTOBER

22

Pilates for Seniors

Jennifer Dudek, one of our Baird instructors, will lead us in movements to strengthen your core, either sitting on a mat or sitting in a chair. Helps strengthen abdominals and decrease lower back pain.



THURSDAY
OCTOBER

29

Gail Safian

President of Durand-Hedden Org.
The History of Slavery in New Jersey
An important look at our state's history and the people who shaped it.



History
Helps Us
Build a More
Just Tomorrow.

We're better together! ♥

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(3rd Floor – accessible by elevator)

