

# SHREWSBURY HOMESTEADERS

your local active 55+ group



We are an energetic group dedicated to enjoying life & making connections through various activities.

**Social Events:** Coffee meetups with light refreshments,  
Luncheons & holiday parties

**Health/Wellness:** Group yoga, cooking demos,  
guest speakers and seminars

**Trips & Adventures:** Various outings and day trips

Our next gathering

**When:** on February 13<sup>th</sup>  
(meetings are 2<sup>nd</sup> Thursday of the month)

**Where:** 352 Sycamore Ave  
(Shrewsbury Presbyterian Meeting House)

**For more information: please contact  
Victoria Caufield at Boro Hall  
732-741-4200 x109**