




Senior Source December 2018



Free Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Diabetes Self-Mgmt 9:15-11:30 rsvp only</p> <hr/> <p>Medicare Health Info</p> <p>1:30 with refreshments</p> <p>Humana-Medicare</p>	<p>4</p> <p>How to Have Healthy Hips</p> <p>NOON with refreshments</p> <p>Edge Physical Therapy</p>	<p>5</p> <p>12-1pm Zumba by Fabiola Sponsored by Julen Financial</p> <hr/> <p>Come Decorate Holiday Cookies</p> <p>1:30 RSVP with refreshments</p> <p>Maywood Ctr. For Health & Rehab</p>	<p>6</p> <p>Bolster Health and Manage Chronic Conditions</p> <p>Dr. Nina Safa</p> <p>Internal Medicine</p> <p>1:30 with refreshments</p> <p>Sovereign Health System</p>	<p>7</p> <p>Enjoy Chair Yoga</p> <p>*11:30 with Arlene Englewood Hospital</p> <hr/> <p>*1:30 refresh. Play Fun Trivia</p> <hr/> <p>Caring People</p>
<p>10</p> <p>Holiday Tasting</p> <p>1:30 Cooking Demo</p> <p>Brightview Senior Living</p>	<p>11</p> <p>Legal Documents You Need</p> <p>Speaker-David Russo, atty.</p> <p>1:30 refreshments</p> <p>Russo Real Estate</p>	<p>12</p> <p>12-1pm Zumba by Fabiola Sponsored by Julen Financial</p> <hr/> <p>Music Holiday Party with Stephen Fuller</p> <p>1:30 refreshments</p> <p>Brookdale Paramus Senior Living</p>	<p>13</p> <p>Come to Our Life Style Fair</p> <p>Lite Lunch Served</p> <p>10am - 2 pm</p> <p>Senior Source</p>	<p>14</p> <p>Yummy No - Bake Desserts with Shelley</p> <p>1:30 please RSVP</p> <p>Arbor Terrace</p>
<p>17</p> <p>"Putting Markets In Perspective"</p> <p>1:30 with refreshments</p> <p>Edward Jones Financial Advisors</p>	<p>18</p> <p>BCC Senior Chorus Holiday and Show Tunes</p> <p>1:30 with refreshments</p> <p>Synergy HomeCare</p>	<p>19</p> <p>12-1pm Zumba by Fabiola Sponsored by Julen Financial</p> <hr/> <p>Learn Home Exercises</p> <p>1:30 with refreshments</p> <p>Fort Lee Physical Therapy</p>	<p>20</p> <p>Healthy Choices at the Holiday Table</p> <p>1:30 with refreshments</p> <p>CareOne-Ridgewood</p>	<p>21</p> <p>Come and Play Bingo</p> <p>1:30 prizes & refreshments</p> <p>Homewell Senior Care</p>
<p>24</p> <p>Emergency Smartphone Preparedness</p> <p>*12:30 snacks</p> <p>Jewish Home Family</p>	<p>25</p> <p>CLOSED</p> <p>Happy Happy</p>	<p>26</p> <p>Holiday Sing A Long</p> <p>1:30 with refreshments</p> <p>Samaritan Services, Inc</p>	<p>27</p> <p>Play Bingo</p> <p>win Prizes</p> <p>1:30 with refreshments</p> <p>Amada Senior Care</p>	<p>28</p> <p>Learn Benefits of CBD Oil (derivative of Hemp)</p> <p>Healthy Not High</p> <p>1:30</p> <p>Kannaway</p>
<p>31</p> <p>Celebrate the New Year With Us</p> <p>*NOON</p> <p>Senior Source</p>	<p>Play Mah Jongg</p> <p>Tues., Thurs.</p> <hr/> <p>Sat @ 10:30 am</p>	 <p>Proud Sponsor of Senior Source</p>	<p>Free Haircuts</p> <p>on Thursdays</p> <p>Must Call for Appt.</p> <p>201 342-0962</p>	<p>Every Monday</p> <p>For Silver Sneakers Members</p> <p>Free Exercise Class</p> <p>11:45-12:30 Patrick</p>

The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ (2nd floor outside Bloomingdales Furn.) 201 342-0962
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