



# Senior Source January 2018



Mah Jongg: Tues. Thurs. Sat @ 11 am

## Free Events

Free Haircuts on Thursday  
Call 201 342 0962 for appt.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Happy New Year and a Healthy One</b> <i>We are Closed Today</i>	2 <b>Bring your friends and play cards, mah jongg etc.</b> <b>1:30</b> <b>Senior Source</b>	3 <b>10-12 pm A Matter of Balance</b> must register at 551 996 2038 <b>no 1:30 event</b> <b>Hackensack Meridian</b>	4 Come Play Jeopardy with Shelley <b>Win Prizes</b> <b>1:30 with refreshments</b> <b>Caring People</b>	5 <b>Boxing For Seniors</b> <b>Strengthen Yourself</b> <b>1:30</b> <b>Jewish Home Family</b>
8 <b>Avoid Post Holiday Blues</b> <b>1:30</b> <b>with Patty</b>	9 <b>Healthy Eating for the New Year</b> <b>1:30 with refreshments</b> Regent and Prospect Care Ctrs.	10 <b>10-12 pm A Matter of Balance</b> must register at 551 996 2038 <b>1:30 Facts &amp; Snacks with</b> <b>Woodcrest Health Care Ctr.</b>	11 <b>FILM FESTIVAL</b> <b>Sense and Sensibility</b> <b>1:00</b> presented by Lorraine	12 Come Educate Yourself at Our Health Fair <b>10am-3pm refreshments</b> Lunch Provided by ShopRite
15 <b>Entertainment by "The Classics"</b> <b>1:30 with refreshments</b> Brookdale Paramus Senior Living	16 <b>"Get Moving In the New Year"</b> <b>1:30 with refreshments</b> CareOne Harmony Village	17 <b>10-12 pm A Matter of Balance</b> must register @ 551 996 2038 <b>Tips for a Healthy New Year</b> <b>1:30 with refreshments</b> Maywood Ctr for Health & Rehabilitation	18 <b>Enjoy Knitting</b> <b>1:30</b> <b>with Edie</b>	19 9a-1p Troopers Free Inspection of Childs Car Seats <b>Play Bingo &amp; Win Prizes</b> <b>1:30 with refreshments</b> <b>Royal Hearts Healthcare</b>
22 <b>Learn about Best Kept Secret in Medicare</b> <b>1:30 with refreshments</b> <b>HomeWell Senior Care</b>	23 <b>Taxes: Navigating the 1040 Minefield.</b> It is the destination not the Journey. <b>1:30 with refreshments</b> <b>Julien Financial</b>	24 <b>10-12 pm A Matter of Balance</b> must register @ 551 996 2038 <b>Hopes in the New Year</b> <b>1:30 with refreshments</b> <b>Reverend Peggy</b>	25 <b>FILM FESTIVAL</b> <b>Leonie</b> <b>1:00</b> presented by Lorraine	26 <b>CURRENT EVENTS</b> <b>1:30</b> <b>with John</b>
29 <b>Jump Start to Heart Health</b> Free Blood Pressure Screening <b>1:30 with refreshments</b> <b>ComeForCare Home Care</b>	30 <b>Mandala Project</b> Art to Encourage Peace & Unity <b>1:30</b> Bergen Cty Div. of Senior Services	31 <b>10-12 pm A Matter of Balance</b> must register @ 551 996 2038 <b>Helping You Sleep</b> <b>1:30</b> <b>Valley Health System</b>	<b>Every Monday</b> For Silver Sneakers Members <b>Free Exercise Class</b> <b>11:45-12:30 Patrick</b>	 <b>Proud Sponsors of Senior Source</b>

**The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ (2nd Floor-outside Bloomingdales Furniture)**  
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