



Senior Source January 2019



Mah Jongg: Tues. Thurs. Sat @ 10:30 am

Free Events

Free Haircuts on Thursday Call 201 342 0962 for appt.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8	9	10	11
 Proud Sponsor of Senior Source	Closed Happy New Year From Us to You	12-1 Zumba with Fabiola Optimizing Your Age 1:30 with refreshments Synergy HomeCare	Helping You Get Organized in 2019 1:30 with refreshments Aveanna Healthcare	New Year's Resolutions 1:30 with refreshments Jewish Home Family
14	15	16	17	18
Keeping Fit Chair Yoga with Arlene 1:30 Englewood Hosp. & Med. Ctr.	noon RSVP lite lunch <small>"Good Health Crossword Fun"- Amada Senior Care</small> 1:30 refreshments - Strong Core. What does that Mean? Edge Physical Therapy	Sing-Fit For the New Year 1:30 with refreshments CareOne-Cupola	Healthy Workout For You 1:30 with refreshments Brookdale Emerson Senior Living	Winter Health Precautions 1:30 with refreshments Russo Real Estate
21	22	23	24	25
Intro to Genealogy with Lucille 1:30 Genealogical Society of Bergen County	A Happy New Year Party 1:30 with refreshments Humana-Medicare	Learn How Much We Care About You! 1:30 with refreshments Samaritan Services, Inc	Strength & Cardio Exercises For You 1:30 with refreshments Maywood Ctr. For Health and Rehab.	Home Safety in the Winter Months 1:30 with refreshments CareOne-Ridgewood
28	29	30	31	
Fun Playing Bingo Win Prizes 1:30 with refreshments Homewell Senior Care	10 Ways to Use Your Brain 1:30 Alzheimer's New Jersey	Bingo Fun Win Prizes 1:30 with refreshments Bristol Assisted Living	Fun & Easy Music Trivia 1:30 with refreshments Brightview Senior Living	Optimizing Your Health Benefits as you Age 1:30 must RSVP lite lunch Edward Jones Financial Advisors
7	8	9	10	11
Build Up Your Muscles 1:30 with refreshments Fort Lee Physical Therapy	Geriatric Care Management *12:30 with refreshments Caring People	Play Bingo Win Prizes 1:30 with refreshments Arbor Terrace	Knitting 12:30 with Edie <hr style="border-top: 1px dashed black;"/> 1:30 Current Events with Bill	Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick