




Senior Source March 2018



Free Events

Free Haircuts on Thursday Call 201 342 0962
for appt. Not available 3/1-3/21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	 Proud Sponsor of Senior Source	Mah Jongg Tues. Thurs. Sat @ 11 am March 6 Mah Jongg starting @ 10:00 -noon Senior Source	Stephen Fuller Ent. Oldies & Singalongs 1:30 with refreshments Brookdale Paramus Sr. Living	Take the Home Safety Quiz 1:30 with refreshments Jewish Home Family
5	6	7	8	9
Advocate for Senior Issues 1:30 with refreshments Seniors For Seniors	Allergies and Skin Cancer 12:00 with refreshments Sovereign Health System	Tips for A Healthy Spring 1:30 with refreshments Maywood Ctr. For Health & Rehab	Senior Dance Fitness 1:30 with refreshments Music & Motion	Senior Healthy Living 1:30 with refreshments YMCA-Kelly Weiss
12	13	14	15	16
Free Eye Screening Dr. Bauza 1:30 with refreshments NJ Eye Center	When Stress Is Not Stress 1:30 with refreshments Englewood Hosp. Med. Ctr.	Dr. Hajjar Urologist to CEO 1:30 with refreshments Sovereign Health System	Edie Knitting 1:00 Senior Source	Musical Memories with Mike 1:30 with refreshments Regent and Prospect Care Ctrs.
19	20	21	22	23
Music Therapy 1:30 with Desserts Harmony Village at Care-One	Does Your Vote Count? 1:30 with refreshments League of Women Voters	Important Decisions For You 1:00 Lunch and Learn RSVP 201 644-8502 Carrera Brokerage	Travels With Christina 1:30 with refreshments Caring People	Looking Out for the Elderly 1:30 with refreshments Royal Hearts Healthcare
26	27	28	29	30
Learn About the Best Secret in Medicare 1:30 with refreshments Homewell Senior Care	Make Your Own Vision Board 1:30 with refreshments ComForCare Home Care	Improve Your Posture 1:30 with refreshments Jag Physical Therapy	Mind and Body Workshop 1:30 with refreshments Woodcrest Healthcare Ctr	Game Day 11-2:00 Senior Source