



Senior Source August 2018



Mah Jongg-Tues., Thurs., Sat. 11 AM

Free Events

By Appt. Only-Free Haircuts on Thursdays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	 Proud Sponsors of Senior Source	10 Ways to Love Your Brain by Alzheimer's Assoc. 1:30 with refreshments Synergy HomeCare	He's Back Stephen Fuller Vocalist 1:30 with refreshments Brookdale Paramus	Issues Facing NJ Seniors A Senior Outreach Project 1:30 Rep. for Josh Gottheimer
6	7	8	9	10
Senior Exercises with Joe 1:30 with refreshments Woodcrest Healthcare Ctr.	Seniors and the Hospital Experience 1:30 Hackensack Meridian Health	How To Remain Home Safely and Independent 1:00 with Lunch RSVP Seniors In Place	Back By Popular Demand Jazz and Soul Songs **1:00** By Rhonda Denet	Celebrate National S'Mores Day 1:30 with refreshments Jewish Home Family
13	14	15	16	17
Speaking to your children/grandchildren about drugs/alcohol 1:30 Partnership for Drug Free NJ	Make Your Bones Healthy 1:30 with refreshments Caring People	A Day in the Life @ Cupola and Sample Foods 1:30 with refreshments CareOne Cupola	1:30 Move Your Body with Ming and refreshments Entertainer Bill McCarthy 4 pm with food, fun and raffle RSVP SENIOR SOURCE 201-342-0962	Daily Money Management 1:30 Tender and Timely
20	21	22	23	24
Mood Yoga for Emotional Well Being 1:30 Kavannah Yoga	Health and Wellness Inside and Out 1:30 with refreshments Freedom Home Healthcare	Yummy Pizza Party 1:30 Please RSVP by 8/20 Maywood Ctr. For Health & Rehab.	Spiritual Healing Reiki 1:30 with refreshments Englewood Hosp. & Med. Ctr.	Play Bingo and Win Prizes 1:30 with refreshments Homewell Senior Care
27	28	29	30	31
Brain Boosting Diet 1:30 Christian Health Care Ctr.	Fun Movie Trivia Win Prizes 1:30 with refreshments Van Dyk Health Care	Myth Busters On Senior Living 1:30 with refreshments Brightview Senior Living	Strength & Movement for Seniors 1:30 with refreshments Russo Real Estate	Fall Prevention by Micky-Prime Rehab 1:30 with refreshments Synergy HomeCare

The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ 07601

Phone 201 342 0962 ieslie@seniorsourcenj.org www.seniorsourcenj.org Follow us on Facebook and Linked In