



Senior Source December 2017

Free Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	 Proud Sponsors of Senior Source	By Appt. Only Free Haircuts on Thursday Call 201 342 0962 <hr/> Mah Jongg Tues., Thurs., Sat. 11 AM	NJ STATE TROOPERS Free Car Seat INSPECTION 9AM-1PM FRIDAY, December 15 <hr/> Please contribute paper goods and plasticware to Senior Source	Senior Adult Coloring 1:30 Senior Source
4	5	6	7	8
Taking Stress Out of Cooking 1:30 with refreshments Regent and Prospect Care Ctrs.	Making Gingerbread Houses Must RSVP 1:30 with refreshments Maywood Ctr for Health & Rehabilitation	Holiday Bazaar-% donated to Shelter Our Sisters 1:00-4:00 refreshments Senior Source	Easy Fun Trivia Game 1:30 with refreshments Caring People	Emergency Preparedness for Your Smartphone 1:30 with refreshments Jewish Home Family
11	12	13	14	15
Understanding Memory Loss-Must RSVP 1:30 Alzheimer's New Jersey	Celebrate Frank Sinatra's 100th Bday 1:30 Singer Joe Valenti	Fun, Music and Entertainment 1:30 with refreshments Happiness Jam Session with Rajesh Mathur	Film Festival It's A Wonderful Life 1:00 Presented by Lorraine	9a-1p Troopers Free Inspection of Childs Car Seats <hr/> Move Your Body 1:30 with refreshments with Ming
18	19	20	21	22
Holiday Cooking Chef Michael&Ricky 1:30 with refreshments CareOne Cupola	Questions Regarding Medicare/Medicaid 1:30 with refreshments HomeWell Senior Care	Dance and Laughter Wellness 1:30 Sheryl Sarnak	Chair Excercises for Seniors 1:30 with refreshments CoreBasics Physical Therapy & Wellness	Oops! Don't Fall 1:30 with refreshments Woodcrest Health Care Ctr.
25	26	27	28	29
Happy Holidays Senior Source Closed	Relieve Holiday Stress 1:30 Our Leslie	ABC's of Reiki 1:30 with refreshments Reiki	Special Movie "The Last Word" 1:30 with refreshments ComeForCare Home Care	Current Events 1:30 Bob/Bill

The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ 07601 (Second Floor-outside Bloomingdales Furniture)

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