



# Senior Source February 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>Bingo</b> 1:30 with refreshments Brookdale Paramus Sr. Living	2 <b>Exotic Chocolate</b> 1:30 with refreshments Jewish Home Family
5 <b>Life Long Learning Opportunity</b> 1:30 Bergen Community College	6 <b>Talking Books Free Demo</b> 1:30 NJ State Library	7 10-12 pm A Matter of Balance- Hackensack Meridian must register at 551 996 2038 1:30 Play Jeopardy- prizes <b>Caring People</b>	8 <b>Are Your Legal Documents Updated</b> 1:30 Michelle Fine, Esq.	9 <b>Introduction to Bergen Cty. Senior Serv.</b> 1:30 Brianna Greenberg
13 <b>Laughter Yoga</b> 1:30 with refreshments Our Very Own Sheryl Sarnak	13 <b>Easy Meals</b> 1:30 with refreshments CareOne Cupola	14 10-12pm A Matter of Balance Hackensack Meridian - register must register at 551 996 2038 1:30 <b>Aroma Therapy</b> with refreshments Woodcrest Healthcare Ctr	15 <b>Home Sellers Fair</b> 1:30-3:00 with refreshments Russo Realty	16 <b>Play Bingo &amp; Win Prizes</b> 1:30 with refreshments Royal Hearts Healthcare
19 <b>Forever Fit Food and Fitness</b> 1:30 with refreshments CareOne Cupola	20 <b>Maintaining Healthy Weight</b> 1:30 with refreshments ShopRite	21 10-12 pm A Matter of Balance must register @ 551 996 2038 Posture Exercises for Seniors 1:30 with refreshments Core Basics	22 <b>Oops....I Slipped!!!</b> Slip and Fall Prevention 1:30 with refreshments Jag Physical Therapy	23 <b>Tips on Keeping Healthy</b> 1:30 with refreshments Prospect Heights
26 <b>Hydration and Skin Care</b> 1:30 with refreshments Homewell Senior Care	27 <b>Pictionary</b> 1:30 with refreshments ComForCare Home Care	28 10-12 pm A Matter of Balance must register @ 551 996 2038 <b>Protect Your Heart</b> 1:30 Holy Name Medical Ctr	<b>Every Monday</b> For Silver Sneakers Members <b>Free Exercise Class</b> 11:45-12:30 Patrick	 <b>Proud Sponsor of Senior Source</b>