




July 2017 Free Events



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| <p>3</p> <p>Every MONDAY For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick</p> <hr/> <p>Today @ 1:30 Game Day</p> | <p>4</p> <p>CLOSED July 4th</p> | <p>5</p> <p>Come Watch a Movie "Music and Lyrics" 1:30 Senior Source</p> | <p>6</p> <p>A Letter to Family and Friends I Just Wanted to tell You... 1:30 Our Leslie</p> | <p>7</p> <p>Come and Be Artistic Easy Adult Coloring 1:30 Our Janet</p> |
| <p>10</p> <p>Yoga 4 Balance and Strength 1:30 Art and Soul</p> | <p>11</p> <p>Coca-Cola Challenge Come Taste 1:30 refreshments CareOne Teaneck</p> | <p>12</p> <p>Senior Exercise with Richard 1:30 refreshments Caring People</p> | <p>13</p> <p>Measuring Blood Pressure, Pulse and Oxygen Levels 1:30 refreshments HomeWell Senior Care</p> | <p>14</p> <p>Communicating With Your Doctors 1:30 refreshments Jewish Home Family</p> |
| <p>17</p> <p>Learn About the Resources in your Community 1:30 Greater Bergen Community Action</p> | <p>18</p> <p>Music With Mark Special Presentation 1:30 refreshments Always Best Care Senior Services</p> | <p>19</p> <p>Finances for Women Part 4 1:30 refreshments Esther Fishman-Morgan Stanley</p> | <p>20</p> <p>Film Festival "When Harry Met Sally" 1:00 Presented by Lorraine</p> | <p>21</p> <p>9a-1p NJ TROOPERS FREE INSPECTION OF CHILDS' CAR SEATS</p> <hr/> <p>Discovering Lake Como 1:30 Christine</p> |
| <p>24</p> <p>Come Play Bingo for Prizes 1:30 refreshments Regent and Prospect Care Centers</p> | <p>25</p> <p>Learn About Cardio Conditioning 1:30 refreshments CoreBasics Physical Therapy and Wellness</p> | <p>26</p> <p>Lighten Up 1:30 refreshments Senior Quest</p> | <p>27</p> <p>Come Play BINGO FOR PRIZES 1:30 refreshments Oasis Senior Advisors</p> | <p>28</p> <p>Current Events 1:30 Bill/Bob</p> |
| <p>31</p> <p>Foodborne Illnesses 1:30 Holy Name Medical Ctr.</p> |  <p>Proud Sponsor of Senior Source</p> | <p>Thank You to Our Seniors who have donated paperware, cups and plasticware More is Needed, Please Help</p> | <p>By Appt. Only Free Haircuts on Thursday</p> | <p>Mah Jongg Tues., Thurs., Sat. @ 11 a m</p> |