




Senior Source July 2018



Free Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
GAME DAY BRING YOUR FAVORITE GAMES AND FRIENDS Senior Source	Summer Indoor Picnic RSVP... bring dessert, appet. or beverage 1:30 Senior Source	HOLIDAY CLOSED	Make Your Doctors' Visits Worthwhile 1:30 United Healthcare	How Humor is Good for Your Health 1:30 with refreshments Caring People
9	10	11	12	13
Senior Exercises with Joe 1:30 with refreshments Woodcrest Healthcare Ctr	"I Decided To Live 120 Years" 1:30 Author John Thompson	Easy and Fun Trivia Game 1:30 prizes & refreshments Maywood Ctr. For Health & Rehab	Come Play Bingo-win prizes 1:30 with refreshments Brookdale Paramus	Spring Cleaning Your Mind, Body and Soul 1:30 with refreshments Jewish Home Family
16	17	18	19	20
Home Improvement Program to Help You 1:30 with refreshments Bergen County of NJ	Choral Duet for Your Enjoyment 1:30 Sentimental Journey	Travel to Ireland 1:30 With Christina	Film Festival "The American President" 1:00 with Lorraine	Organize As You Age 1:30 with refreshments Homewell Senior Care
23	24	25	26	27
Fitness One for Seniors 1:30 with refreshments Van Dyk Health Care	Play and Have Fun Bingo-win prizes 1:30 with refreshments Freedom Home Healthcare	Music and Munchies for You 1:30 with refreshments CareOne Harmony	Staging Your Home To Sell 1:30 with refreshments Russo Real Estate	Current Events 1:30 with Bill
30	31			
Heart Health Jeopardy 1:30 Valley Hospital	Senior Belly Dance Class-RSVP by July 27 11:30 with lunch Brightview Senior Living	 Proud Sponsor of Senior Source	Mah Jongg Tues. Thurs. Sat @ 11 am Free Haircuts on Thursdays Call for Appt. 201 342-0962	Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick