



Senior Source November 2018



Mah Jongg- Tues.Thurs., Sat., 10:30 AM

FREE EVENTS

Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Every Monday Silver Sneakers Exercise Class 11:45-12:30 Patrick	 Proud Sponsors of Senior Source	Free Haircuts on Thursday Call 201 342 0962 for appt.	Have Fun and Play Bingo 1:30 with refreshments Amada Senior Care	The Right Living Option for You 1:30 with refreshments Caring People
5	6	7	8	9
Diabetes Self-Mgmt 9:15-11:30 rsvp only <hr/> Honoring Our Veterans 1:30 with refreshments Jewish Home Family	Belly Dancing Exercise with Shlomit 1:30 Sponsored by Jeff Greenberg	12-1pm Zumba by Fabiola Sponsored by Julien Financial <hr/> Enjoy Chair Yoga 1:30 Englewood Hosp. & Med. Ctr.	Pot Luck Lunch @ 11:30 Please RSVP with what you are bringing 2:30 Medicare Health Info Humana-Medicare	Updates On Medicare 1:30 with refreshments Carrera Brokerage
12	13	14	15	16
Ready or Not? Be Ready 1:30 with Lunch- Please RSVP Edward Jones Financial Advisors	Belly Dancing Exercise with Shlomit 1:30 Sponsored by Jeff Greenberg	12-1pm Zumba by Fabiola Sponsored by Julien Financial <hr/> Enjoy the Pie Festival - Please RSVP 1:30 refreshments Brightview Senior Living	Healthy Workout For You 1:30 refreshments Brookdale Emerson Senior Living	Dr. K.S. Parekh, Podiatrist Here To Answer Your Questions 1:30 refreshments Madison Spine & Physical Therapy
19	20	21	22	23
Diabetes Self-Mgmt 9:15-11:30 rsvp only <hr/> Music and Munchies 1:30 with refreshments CareOne Harmony	Belly Dancing Exercise with Shlomit 1:30 Sponsored by Jeff Greenberg	12-1pm Zumba by Fabiola Sponsored by Julien Financial <hr/> Is Your Home Safe? 1:30 with refreshments Russo Real Estate	Happy Thanksgiving Closed Senior Source	Come and Socialize and Play Games Senior Source
26	27	28	29	30
Diabetes Self-Mgmt 9:15-11:30 rsvp only <hr/> Basic Nutrition For You 1:30 with refreshments Synergy HomeCare	Come and Play Bingo 1:30 prizes & refreshments Homewell Senior Care	11 am Enjoy Bingo w/ Prizes and Refresh. Bristal Assisted Living <hr/> Current Events w/Bob & Bill 1:30 Senior Source	NOON Knitting with EDIE <hr/> Nutritional Updates For You 1:30 prizes & refreshments Maywood Ctr. For Health & Rehabilitation	Play Fun Trivia <hr/> Have a Great Time 1:30 prizes & refreshments Van Dyk Health Care