




October 2017 Free Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Financial Health 1:30 with refreshments Julien Financial	Fabulous Fall Soup with Chefs Michael & Ricky 1:30 with refreshments CareOne Cuppola	The Importance of Hydration 1:30 with refreshments Maywood Ctr for Health & Rehabilitation	11:30 Knitting with Edle ----- Move Your Body with Ming 1:30 with refreshments	Bergen County Nutrition Program 1:30 with refreshments Jewish Home Family
9	10	11	12	13
Bingo Win Prizes 1:30 with refreshments Always Best Care	<i>New Vender, New Ideas</i> Come and Learn 1:30 with refreshments ComForCare Home Care	Humor for Your Health *12:30 refreshments Caring People	Film Festival "High Noon" 1:00 Presented by Lorraine	"The Forgotten" A Documentary Movie 1:30 with refreshments Royal Hearts Healthcare
16	17	18	19	20
Power Up With Protein 1:30 with samples Shoprite	BINGO WIN PRIZES 1:30 with refreshments HomeWell Senior Care	Brain Fitness 1:30 Holy Name Medical Ctr.	Five Wishes 1:30 with refreshments Senior Quest	9a-1p Troopers Free Inspection of Childs Car Seats ----- Current Events 1:30 with Bill
23	24	25	26	27
Finances For Women 1:30 with refreshments Esther Fishman-Morgan Stanley	Cooking With Chef Michael and Ellen 1:30 with refreshments Regent and Prospect Care Ctrs.	Physical Therapy and Wellness 1:30 with refreshments CoreBasics Physical Therapy & Wellness	Film Festival "Manhattan" 1:00 Presented by Lorraine	Chair Yoga 1:30 with refreshments Woodcrest Health Care Ctr.
30	31			
Culinary Event 1:30 with refreshments Clover Health	Flexibility and Balance 1:30 with refreshments Professional Physical Therapy	 Proud Sponsors of Senior Source	Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	By Appt. Only Free Haircuts on Thursday Call 201 342 0962 ----- Mah Jongg Tues., Thurs., Sat. 11 AM

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