



Senior Source October 2018



Mah Jongg Tues. Thurs. Sat @ 10:30 am

Free Events

Free Haircuts on Thursday
Call 201 342 0962 for appt.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Get Voting Info & Free Retail Discount Cards 1:30 Bergen Cty Clerk's Office	2 Current Events Discussion 1:30 Bob/Bill	3 Enjoy the Opera @ Senior Source plus a round table discussion 1:30 with refreshments Maywood Ctr for Health & Rehabilitation	4 Preventing Identity Theft Please RSVP by Tues. Oct. 2 1:00 with light lunch Boiling Springs Bank	5 Back by Popular Demand Zumba-Please Wear Sneakers *12:30 - 1:30* Zumba with Faby
8 Have Fun and Win Bingo 1:30 with refreshments Homewell Senior Care	9 I Decided to Live 120 years-part 2 1:30 John Thompson of Body & Brain	10 Come and Play Bingo 1:30 refresh. & prizes Brookdale Paramus	11 Noon-Knitting with Edie Ask the Realtor 1:30 raffle & snacks Russo Real Estate	12 Interactive Games Fun For You 1:30 with refreshments Caring People
15 How a Musical Metronome Can Improve Your Balance 1:30 with refreshments Synergy HomeCare	16 "Can You Hear Me?" Drs. Lehrer & Ogunlusi 1:30 with refreshments Sovereign Health System	17 Play Fun Trivia Have A Good Time 1:30 with refreshments Van Dyk Health Care	18 Keeping Men Healthy 1:30 United Healthcare Let Us Help U Communicate with Loved Ones by Smartphone 4-7 pm RSVP 10/15 Bristol Assisted Living	19 Social Security: Your Questions Answered 1:30 with refreshments Edward Jones
22 Diabetes Self-Mgmt. 6 wks. wkshop 9:15am-11:30 must RSVP Walk/Climb Stairs Better your Posture 1:30 with refreshments Edge Physical Therapy	23 Brain Coach Maximize Your Potential 1:30 Dr. Eric Kaplan	24 Living With Low Vision-RSVP to Us 1:30 refresh. & raffle Seniors In Place	25 Lunch and Learn *12:30* RSVP to us by 10/22 Humana	26 Civilian Expectations for an Active Shooter-round table discussion 1:30 Hackensack Police
29 Diabetes Self-Mgmt. 6 wks. wkshop 9:15am-11:30 must RSVP Brain Exercises using Karaoke with Joan 1:30 with refreshments CareOne Cupola	30 Come and Enjoy Chair Yoga NOON Kavannah Yoga	31 Halloween Party-Feel Free to Come In Costume Treats for All 1:30 with refreshments Brightview Senior Living	Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	 Proud Sponsors of Senior Source

The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ (2nd Floor-outside Bloomingdales Furniture)
201 342 0962 Leslie@seniorsourcenj.org soon www.seniorsourcenj.org Follow Us on Facebook and Linked In