



# September 2017 Free Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Every Monday</b> For Silver Sneakers Members <b>Free Exercise Class</b> 11:45-12:30 Patrick</p> <p>4</p>	 <p><b>Proud Sponsors</b> of Senior Source</p> <p>5</p>	<p><b>By Appt. Only</b> Free Haircuts on Thursday Call 201 342 0962</p> <hr/> <p><b>Mah Jongg</b> Tues., Thurs., Sat. 11 AM CLOSED on SEPT. 21 &amp; 30</p> <p>6</p>	<p>NJ STATE TROOPERS Free Car Seat INSPECTION 9AM-1PM FRIDAY, September 15</p> <hr/> <p><b>Please contribute paper goods</b> and plasticware to Senior Source</p> <p>7</p>	<p>1</p> <p><b>Current Events</b> <b>1:30</b> with Bill</p> <p>8</p>
<p><b>SENIOR SOURCE</b> <b>CLOSED</b> <b>LABOR DAY</b> <b>HAVE FUN</b></p> <p>11</p>	<p><b>Bingo for Labor Day</b> <b>Win Prizes</b> 1:30 with refreshments <b>CareOne Teaneck</b></p> <p>12</p>	<p><b>Physical Therapist Here for</b> <b>Risk Management</b> 1:30 with refreshments Maywood Ctr for Health &amp; Rehabilitation</p> <p>13</p>	<p><b>How to Prevent</b> <b>Falls</b> <b>1:30</b> Hackensack Univ. Medical Ctr.</p> <p>14</p>	<p><b>Fall Harvest</b> <b>Food</b> 1:30 with refreshments <b>Jewish Home Family</b></p> <p>15</p>
<p><b>"Embracing</b> <b>Diversity"</b> 1:30 with refreshments CoreBasics Physical Therapy &amp; Wellness</p> <p>18</p>	<p><b>Special</b> <b>Surprise</b> 1:30 with refreshments <b>Always Best Care</b></p> <p>19</p>	<p><b>Medicare 101 Presented</b> <b>by Amediysis</b> 1:30 with refreshments <b>Caring People</b></p> <p>20</p>	<p><b>Film Festival</b> <b>"The Queen"</b> 1:00 Presented by Lorraine</p> <p>21</p>	<p>9a-1p Troopers Free Inspection of Childs Car Seats</p> <hr/> <p><b>Bingo Win Prizes</b> 1:30 with refreshments <b>Royal Hearts Healthcare</b></p> <p>22</p>
<p><b>BINGO</b> <b>WIN PRIZES</b> 1:30 with refreshments <b>HomeWell Senior Care</b></p> <p>25</p>	<p><b>Let's Keep Moving</b> Physical Activity Program 1:30 with refreshments Professional Physical Therapy</p> <p>26</p>	<p><b>Enjoy</b> <b>Knitting</b> <b>At Noon</b> <b>With Edie</b></p> <p>27</p>	<p><b>CLOSED</b> <b>TODAY</b></p> <p>28</p>	<p><b>Bring Friends</b> <b>Game Day</b> 1:00 Play Scrabble, Mah Jongg ETC</p> <p>29</p>
<p><b>Aging?? What do</b> <b>You Want In Life?</b> 1:30 with refreshments Woodcrest Health Care Ctr.</p> <p>25</p>	<p><b>Changes and</b> <b>Choices in Life</b> 1:30 with refreshments <b>Senior Quest</b></p> <p>26</p>	<p><b>Cooking With</b> <b>Chef Michael and Ellen</b> 1:30 with refreshments Regent and Prospect Care Ctrs.</p> <p>27</p>	<p><b>Film Festival</b> <b>"The King's Speech"</b> 1:00 Presented by Lorraine</p> <p>28</p>	<p><b>Come to</b> <b>Game Day</b> 1:00 <b>Senior Source</b></p> <p>29</p>

The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ 07601  
Phone 201 342 0962 Email: bruder@seniorsourcecellc.com Website: www.seniorsourcecellc.com