



# Senior Source September 2018



## Free Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<b>Labor Day Closed</b>	<b>Make Your Own Parfait</b> 1:30 with refreshments <b>Caring People</b>	<b>Comedian/Impersonator</b> Rodney Dangerfield etc. 1:30 with refreshments Brightview Senior Living & Jeff Greenberg	<b>Edie Knitting @ Noon</b> Hand Massage must RSVP 1:30 with refreshments Maywood Ctr. For Health & Rehab	<b>Prescription Drugs: What's New &amp; What Can I Do</b> 1:30 with refreshments <b>Synergy HomeCare</b>
10	11	13	13	14
<b>CLOSED</b>	<b>Come Play Bingo</b> 1:30 refreshments & prizes Freedom Home Healthcare	<b>Best Kept Community Resource Secrets</b> 1:30 refreshments & raffle <b>Seniors In Place</b>	<b>How to Save Your Own Life in a Medical Emergency</b> 1:30 with refreshments Sovereign Health System	<b>Music by Eric Be Entertained</b> 1:30 with refreshments <b>Van Dyk Health Care</b>
17	18	19	20	21
<b>Where Were You ? 9-11; WWII; JFK Assassination</b> 1:30 with refreshments <b>Synergy HomeCare</b>	<b>Strength Training For You</b> 1:30 with refreshments Brookdale Emerson	<b>CLOSED</b>	<b>Bingo Win Prizes</b> 1:30 with refreshments Homewell Senior Care	<b>What Do You Want to Know</b> About your Insurance? 1:30 with refreshments <b>Russo Real Estate</b>
24	25	26	27	28
<b>Make Sure Your Mind is Healthy!</b> 1:30 with refreshments CareOne Harmony	<b>How to Survive a Stroke Or Heart Attack</b> 1:30 with refreshments Sovereign Health System	<b>"Living A Life of Vibrancy"</b> Authors: Isabel Merians & Dr. Robert Kandarjlan 1:30 with refreshments	<b>Oh My Achin' Back</b> 1:30 with refreshments Edge Physical Therapy	<b>Lighthouses of New Jersey</b> *1:00* <b>NJ Lighthouse Society</b>
<b>Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick</b>	<b>Play Mah Jongg</b> Tues., Thurs. Sat @ 11 am	 <b>Proud Sponsor of Senior Source</b>	<b>Free Haircuts on Thursdays</b> <b>Must Call for Appt.</b> 201 342-0962	<b>Please Help Us &amp; Contribute</b> Paper Plates (dinner & dessert), Plastic Ware, Cups & Napkins <b>Thank You</b>