




Senior Source June 2018



Free Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	 Proud Sponsors of Senior Source	By Appt. Only Free Haircuts on Thursday Call 201 342 0962 <hr/> Mah Jongg Tues., Thurs., Sat. 11 AM	Please contribute paper goods, cups and plasticware to Senior Source <hr/> Thank You	Keep Your Body, Mind & Spirit Connected 1:30 with refreshments Englewood Hosp. & Med. Ctr.
4	5	6	7	8
Senior Exercise with Fabulous Joe 1:30 with refreshments CareOne Woodcrest	Learn About TIA-Stroke Prevention <hr/> Dr. Asta 1:30 with refreshments Sovereign Health System	10:30-12:30 Take Control of Your Life -RSVP <hr/> Life and Times of Lucille Ball 1:30 Historian Dick Burnon	Knitting with Edle @ noon <hr/> Chore or Cheer-Learn to Give/Get Home Services 1:30 Bergen Volunteer Ctr.	Summer Fun Activities 1:30 with refreshments Jewish Home Family
11	12	13	14	15
Oldies but Goodies Singer & Guitarist Scott Glaquin 1:30 with refreshments Van Dyk Health Center	Avoiding Dehydration 1:30 with refreshments Caring People	10:30-12:30 Take Control of Your Life -RSVP <hr/> Ice Cream Party-RSVP by June 11 1:30 with refreshments Maywood Ctr for Health & Rehabilitation	Don't Retire... Rewire!!! 1:30 with refreshments Russo Real Estate	Staying Organized As You Age 1:30 with refreshments Homewell Senior Care
18	19	20	21	22
Playing Music that You Remember 1:30 with refreshments Jim Coakley: Singer & Guitarist	Urology Care for Women & Men Dr. Gmyrek 1:30 with refreshments Sovereign Health System	10:30-12:30 Take Control of Your Life -RSVP <hr/> Summer Fitness 1:30 with refreshments CareOne Cupola	Film Festival "Sophie's Choice" 1:00 with Lorraine	Birthday Bash Party For All 1:30 with dessert with Rajesh
25	26	27	28	29
"Mindfulness" The Strength of Your Future 1:30 With Our Leslie	Come Dance Senior Zumba *1:00 with refreshments Brightview Tenafly Senior Living	Skin Care Demo 1:30 with refreshments Freedom Home Healthcare	Win Prizes Play Bingo 1:30 with refreshments Brookdale Paramus	Current Events 1:30 Bob/Bill

The Shops at Riverside, 310 Riverside Square Mall, Hackensack, NJ 07601 (Second Floor-outside Bloomingdales Furniture)

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