



July 2017 Free Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Every MONDAY For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick	CLOSED July 4th	Come Watch a Movie "Music and Lyrics" 1:30 Senior Source	A Letter to Family and Friends I Just Wanted to tell You... 1:30 Our Leslie	Come and Be Artistic Easy Adult Coloring 1:30 Our Janet
Today @ 1:30 Game Day				
10	11	12	13	14
Yoga 4 Balance and Strength 1:30 Art and Soul	Coca-Cola Challenge Come Taste 1:30 refreshments CareOne Teaneck	Senior Exercise with Richard 1:30 refreshments Caring People	Measuring Blood Pressure, Pulse and Oxygen Levels 1:30 refreshments HomeWell Senior Care	Communicating With Your Doctors 1:30 refreshments Jewish Home Family
17	18	19	20	21
Learn About the Resources In your Community 1:30 Greater Bergen Community Action	Music With Mark Special Presentation 1:30 refreshments Always Best Care Senior Services	Finances for Women Part 4 1:30 refreshments Esther Fishman-Morgan Stanley	Film Festival "When Harry Met Sally" 1:00 Presented by Lorraine	9a-1p NJ TROOPERS FREE INSPECTION OF CHILD'S CAR SEATS Discovering Lake Como 1:30 Christine
24	25	26	27	28
Come Play Bingo for Prizes 1:30 refreshments Regent and Prospect Care Centers	Learn About Cardio Conditioning 1:30 refreshments CoreBasics Physical Therapy and Wellness	Lighten Up 1:30 refreshments Senior Quest	Come Play BINGO FOR PRIZES 1:30 refreshments Oasis Senior Advisors	Current Events 1:30 Bill/Bob
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Foodborne Illnesses 1:30 Holy Name Medical Ctr.	 Proud Sponsor of Senior Source	Thank You to Our Seniors who have donated paperware, cups and plasticware More Is Needed, Please Help	By Appt. Only Free Haircuts on Thursday	Mah Jongg Tues., Thurs., Sat. @ 11 a m