




Senior Source April 2018



Free Events

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Presenting the New Senior Resource Guide 1:30 Janet Sharma	When is Foot Pain Normal? Dr. Slomowitz * 12:00 light lunch Sovereign Health System	Brain Game 1:30 Horizon-Blue Cross, Blue Shield	Overview of Insurances 1:30 with refreshments Woodcrest Healthcare Ctr	Current Events 1:30 with Bill/Bob
9	10	11	12	13
Fun Coloring 1:30 with refreshments with Janet	Summertime Fun Activities 1:30 with refreshments Freedom Home Healthcare	The Elvis Show 1:30 with refreshments ComForCare Home Care	Taking the Right Medications @ the Right Time 1:30 with refreshments Carepak Pharmacy	Spring Fling - Cooking With Michael and Ellen 1:30 with refreshments Regent and Prospect Care Ctrs.
16	17	18	19	20
Come Play Bingo 1:30 with refreshments Brookdale Paramus	Jeopardy with Shelly 1:30 with refreshments Caring People	Come Play and Win Bingo 1:30 with refreshments Maywood Ctr. For Health & Rehab	Film Festival "A Fish Called Wanda" 1:00 with Lorraine	Learn About Agam Israeli Artist 1:30 with refreshments Jewish Home Family
23	24	25	26	27
Nutrition and You 1:30 with refreshments Homewell Senior Care	Minding Your Meds 1:30 with refreshments Pharmacist	Chair Exercises 1:30 YMCA-Kelly Weiss	Noon-Knit with Edie Why is Cupola Unique? 1:30 with refreshments CareOne Cupola	Oldies but Goodies 1:30 Music with Mark Richards
30				
Game Day 11-2:00 Senior Source	Mah Jongg Tues. Thurs. Sat @ 11 am April 3 Mah Jongg starting @ 10:00 -noon Senior Source	 Proud Sponsor of Senior Source	Free Haircuts on Thursdays Call 201 342 0962 for appt. Renu	Every Monday For Silver Sneakers Members Free Exercise Class 11:45-12:30 Patrick