



# Highland Park Senior Center Calendar - October 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 Taiji 1	9:00 Taiji 2	9:00 Taiji 3	9:00 Taiji 4	9:00 Taiji 5	9:00 Taiji 6
	10:00 Painting- Room 2	10:00 Chorus	10:00 Seamstress	9:30 Healthy Bones-Room 3	10:30 Computer Class: BASIC	
	10:00 Blood Pressure Screening-Library	11:00 Piano Instruction with Gwen	10:00 Painting- Room 2	10:00 Painting-Room 2	11:30 Exercise w/ Donna F (VIDEO)	
	10:00 Knitting Group	12:00 Lunch Program-CANCELLED	10:30 Yiddish Group	12:00 CAMEO-Lunch Program \$5.00		
	11:00 Senior Walking Group	12:30 BINGO	11:45 Exercise with Donna F	12:30 BINGO		
	11:30 Chair YOGA	1:00 Bridge	12:30 Trip: MEGA-Walmart East Brunswick	1:00 ARA Discussion Group/Meeting		
	1:00 Movie: DISNEY, "Bolt"			2:00 Tai Chi (Courtroom)		
7	8	9:00 Taiji 9	9:00 Taiji 10	9:00 Taiji 11	9:00 Taiji 12	9:00 Taiji 13
	<b>CENTER CLOSED</b> <b>COLUMBUS DAY</b>	10:00 Chorus	10:00 Seamstress	9:30 Healthy Bones-Room 2	11:00 PRESENTATION:	
		10:00 County Flu Shot Clinic	10:00 Painting- Room 2	10:00 Painting-Room Library	HEADS UP Seniors!	
		11:00 Piano Instruction with Gwen	10:30 Yiddish Group	12:00 CAMEO-Lunch Program \$5.00	Brain Alliance Prevention	
		12:00 CAMEO-Lunch Program \$5.00	11:45 Exercise with Donna F	12:30 BINGO	11:30 Exercise /Chair Yoga/Tai Chi	
		12:30 BINGO	12:30 Trip: The Barge-Perth Amboy	12:30-3:30 Mike the Barber-Appt Only \$7.00		
		1:00 Bridge		2:00 Tai Chi/PODIATRIST		
				<b>Food Pantry</b>		<b>Food Pantry</b>
14	9:00 Taiji 15	9:00 Taiji 16	9:00 Taiji 17	9:00 Taiji 18	9:00 Taiji 19	9:00 Taiji 20
	10:00 Painting- Room 2	10:00 Chorus (Library)	10:00 Seamstress	9:30 Healthy Bones-Room-3	10:30 Computer Class: WORD	
	10:00 Knitting Group	12:00 Senior Luncheon	10:00 Painting- Room 2	10:00 Painting-Room Room-2	11:30 Exercise /Chair Yoga/Tai Chi	
	11:00 Senior Walking Group	Entertainment: Crabgrass	10:00-12:00 FLU CLINIC	12:00 CAMEO-Lunch Program \$5.00	11:30 Fall Planting Workshop	
	11:30 Chair YOGA	Blue Grass Band	Provided by RITE-AID	12:30 BINGO	Roosevelt Care Center- Limited Space!	
	1:00 Movie: "Three Billboards Outside Ebbing MO, Rated R-Strong Language Based on a True Story!	Kosher available, upon Request	10:30 Yiddish Group	1:00 ARA Discussion Group-Library	Must sign up!!	
		12:30 BINGO	11:45 Exercise with Donna F	2:00 Tai Chi		
		1:00 Bridge	12:30 Trip: ShopRite/Applebees- Piscataway			
21	9:00 Taiji 22	8:30 TRIP: Atlantic City Resorts-\$35.00	9:00 Taiji 23	9:00 Taiji 24	9:00 Taiji 25	9:00 Taiji 26
	10:00 Painting/Knitting Group	Resorts-\$35.00	10:00 Seamstress	9:30 Healthy Bones-Room 2	10:00 Special Program: BRIGHTSTAR	
	11:00 PRESENTATION	9:00 Taiji	10:00 Painting- Room 1	10:00 Painting-Room Library	"Tips to Prepare for a Rainy Day"	
	Estate Planning-Must Sign Up!	10:00 Chorus	10:30 Yiddish Group	12:00 CAMEO-Lunch Program \$5.00	Paint with loose coins-FREE!	
	11:00 Senior Walking Group	11:00 Piano Instruction with Gwen	11:45 Exercise with Donna F (Courtroom)	12:30 BINGO	Must sign up!!	
	11:30 Chair YOGA	12:00 CAMEO-Lunch Program \$5.00	12:30 Trip: Brunswick Square Mall	2:00 Tai Chi	11:30 Exercise /Chair Yoga/Tai Chi	
	1:00 Movie: "The Book Club" starring Jane Fonda, Diane Keaton	12:30 BINGO	East Brunswick			
		1:00 Bridge		<b>Food Pantry</b>		<b>Food Pantry</b>
28	9:00 Taiji 29	9:00 Taiji 30	9:00 Taiji 31		 <b>Upcoming Trips:</b> 	
2:00 PM -5:00 PM	10:00 Painting- Room 2	10:00 Chorus	10:00 Seamstress			
Halloween Carnival & Costume Parade	10:00 Knitting Group	11:00 Piano Instruction with Gwen	10:00 Painting- Room 2			
HP High School Gym	11:00 Senior Walking Group	12:00 CAMEO-Lunch Program \$5.00	10:30 Yiddish Group		<b>Hunterdon Hills Playhouse</b>	
	11:30 Chair YOGA	12:30 BINGO	11:45 Exercise with Donna F		"A Playhouse Christmas"	
	1:00 Movie: "The Sixth Sense" Starring Bruce Willis	1:00 Bridge	12:30 Trip: Nassau Mall Princeton		Tuesday, November 20th	
			<b>HAPPY HALLOWEEN</b>		Bus leaves 9:30-9:45am	
					<b>\$85.00</b>	
						