



# Highland Park Senior Center Calendar - May 2017



| Sunday | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday |
|--------|---|--|---|---|--|----------|
|        | 9:00 Taiji (Room TBA) <span style="float: right;">1</span><br>10:00 Painting-Library<br><b>11:00 Special Program:</b><br><b>Psychological Health for Seniors</b><br><b>Alison Thomas-Cottingham, PH.D</b><br>11:30: CHAIR YOGA<br><b>1:00 Movie: COMEDY/DRAMA</b><br><b>"Babe," starring James Cromwell</b> | 9:00 Taiji (Room TBA) <span style="float: right;">2</span><br>10:00 Chorus<br>11:00 Piano Instruction with Gwen<br><b>12:00 Lunch Program \$5.00</b><br>12:30 Bingo<br>1:00 Bridge/Cards/Mah Jongg<br>4:30 Ping Pong with Sean Gao   | 9:00 Taiji (Room TBA) <span style="float: right;">3</span><br><b>9:30 -12:00 Cancer Thriving &amp; Surviving Program</b><br>10:30 Yiddish Group<br>11:45 Exercise w Donna<br><b>12:30 Trip Walmart/TGI Friday's</b><br><b>North Brunswick</b>   | 8:30 Taiji (Room TBA) <span style="float: right;">4</span><br>9:30 Healthy Bones- Room 3<br>10:00 Painting Room 2<br><b>12:00 Lunch Program \$5.00</b><br>12:30 BINGO<br><b>1:00 ARA Meeting</b><br>2:00 Tai Chi (Courtroom)  | 9:00 Taiji (Room TBA) <span style="float: right;">5</span><br>10:00 Painting<br><b>10:30 Computer Class-Basic</b><br>11:30 Exercise/Chair Yoga/Tai Chi with Donna F  |          |
| 7      | 9:00 Taiji <span style="float: right;">8</span><br>10:00 Painting<br><b>9:00am HP 5K RUN</b><br><b>11:30am Street Fair</b><br><b>Raritan Ave</b><br><b>1:00 Movie: NEW RELEASE</b><br><b>"Fences," starring Viola Davis &amp; Denzel Washington.</b><br><b>Call Center for details.</b>                     | 9:00 Taiji (Room TBA) <span style="float: right;">9</span><br><b>12:00 Senior Luncheon</b><br><b>Mothers Day Celebration</b><br>Entertainment: "A Mother's Day Bouquet"<br><b>1:30 Planting/Sun Safety BrightStar</b><br>1:30 Bingo<br>1:00 Bridge/Cards/Mah Jongg<br><b>2:00-4:00 Podiatrist</b><br><b>7:00 pm Volunteer Appreciation</b> | 9:00 Taiji (Room TBA) <span style="float: right;">10</span><br><b>9:30 -12:00 Cancer Thriving &amp; Surviving Program</b><br><b>10:00-2:00 Trip: 90's Birthday Bash</b><br><b>Piscataway Senior Center</b><br><b>NO WEDNESDAY TRIP</b><br>10:30 Yiddish Group<br>11:45 Exercise w Donna - VIDEO | 8:30 Taiji (Room TBA) <span style="float: right;">11</span><br>9:30 Healthy Bones- Room 2<br>10:00 Painting - Library<br>11:00 Bridge<br><b>12:00 Lunch Program \$5.00</b><br>12:30 BINGO<br><b>12:30-3:30 "Mike the Barber," -Appt Only</b><br><b>Haircuts \$7:00 a person</b><br>2:00 Tai Chi | 9:00 Taiji (Room TBA) <span style="float: right;">12</span><br><b>9:00 -12:00 SHRED IT!</b><br><b>Senior/Youth Center Parking Lot</b><br>10:00 Painting<br>10:00 - 12:00 Writing Group (Library)<br>11:30 Exercise/Chair Yoga/Tai Chi with Donna F | 13       |
| 14     | 9:00 Taiji (TBA) <span style="float: right;">15</span><br>10:00 Painting-Library<br>11:30: CHAIR YOGA<br><b>1:00 Movie: DRAMA</b><br><b>"Jackie," starring Natalie Portman.</b><br><b>Life of Jackie Kennedy during the 7 days of JFK assassination.</b>  | 9:00 Taiji (Room TBA) <span style="float: right;">16</span><br>10:00 Chorus<br>11:00 Piano Instruction with Gwen<br><b>12:00 Lunch Program \$5.00</b><br>12:30 Bingo<br>1:00 Bridge/Cards/Mah Jongg<br>4:30 Ping Pong with Sean Gao  | 9:00 Taiji (Room TBA) <span style="float: right;">17</span><br><b>9:30 -12:00 Cancer Thriving &amp; Surviving Program</b><br>10:30 Yiddish Group<br>11:45 Exercise w Donna<br><b>12:30 Trip: Brunswick Sq. Mall/Olive Garden, East Brunswick</b>  | 9:30 Healthy Bones - Room 3 <span style="float: right;">18</span><br>10:00 Painting - Library<br>11:00 Bridge<br><b>10:45-2:00 Trip: Greek Festival</b><br><b>12:00 Lunch Program \$5.00</b><br>12:30 BINGO<br><b>1:00 ARA Discussion Group-Library</b><br>2:00 Tai Chi                         | 9:00 Taiji (Room TBA) <span style="float: right;">19</span><br>10:00 Painting<br>11:30 Exercise/Chair Yoga/Tai Chi with Donna F  | 20       |
| 21     | 9:00 Taiji (TBA) <span style="float: right;">22</span><br>10:00 Painting-Library<br>11:30: CHAIR YOGA<br><b>1:00 Movie: MOVIE CLASSIC!</b><br><b>"Imitation of Life," starring Lana Turner &amp; John Gavin</b><br><b>Call Center for details.</b>  | 9:00 Taiji (Room TBA) <span style="float: right;">23</span><br>10:00 Chorus 11:00 Piano Instr.<br><b>12:00 Lunch Program \$5.00</b><br>12:30 Bingo<br><b>12:30 Trip: PNC Senior Concert</b><br><b>Michael Amante - \$10.00</b><br>1:00 Bridge/Cards/Mah Jongg<br><b>6:00 pm Ageist Discussion Group</b>                                    | 9:00 Taiji (Room TBA) <span style="float: right;">24</span><br><b>9:30 -12:00 Cancer Thriving &amp; Surviving Program</b><br>10:30 Yiddish Group<br>11:45 Exercise w Donna<br><b>12:30 Trip: Wegmans/Panera Bread</b><br><b>Woodbridge</b>  | 8:30 Taiji (Room TBA) <span style="float: right;">25</span><br>9:30 Healthy Bones- Room 2<br>10:00 Painting - Library<br>11:00 Bridge<br><b>12:00 Lunch Program \$5.00</b><br>12:30 BINGO<br>2:00 Tai Chi   | 9:00 Taiji (Room TBA) <span style="float: right;">26</span><br>10:00 Painting<br><b>10:30 Computer Class- Excel</b><br><b>10:30 ARA Board Meeting-Library</b><br>11:30 Exercise/Chair Yoga/Tai Chi with Donna F                                    | 27       |
| 28     | <br><b>CENTER CLOSED</b><br>11:00 am Memorial Day Parade<br>Highland Park Doughboy<br>Raritan Ave   | 9:00 Taiji (Room TBA) <span style="float: right;">30</span><br>10:00 Chorus<br>11:00 Piano Instruction with Gwen<br><b>12:00 Lunch Program \$5.00</b><br>12:30 Bingo<br>1:00 Bridge/Cards/Mah Jongg<br>4:30 Ping Pong with Sean Gao<br><b>6:00 pm Ageist Discussion Group</b>  | 9:00 Taiji (Room TBA) <span style="float: right;">31</span><br><b>9:30 -12:00 Cancer Thriving &amp; Surviving Program</b><br>10:30 Yiddish Group<br>11:45 Exercise w Donna<br><b>12:30 Trip The Barge Restaurant</b><br><b>Perth Amboy Waterfront</b>   |   |  |          |

