



Highland Park Senior Center Calendar - August 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	UPCOMING TRIPS	9:00 Taiji (Room TBA) 1	9:00 Taiji (Room TBA) 2	8:30 Taiji (Room TBA) 3		5
	PNC Art Center, FREE Shows	10:00 Painting-Room 2	10:30 Yiddish Group-Library	9:30: Healthy Bones-Room 3		
	Tuesday, Sept 19th	10:30 ARA Meeting-Library	11:45 Exercise with Donna	10:00 Painting-Library	Center Closed	
	Bobby Rydell 1:30pm	10:00 Chorus-CANCELLED	12:30 Trip: Wal- Mart/Olive Garden	11:30 Exercise/Chair Yoga/Tai Chi- VIDEO		
	Tuesday, Sept 26th	12:30 Bingo	Piscataway	12:30 Bingo		
	The Cameos 1:30pm	1:00 Bridge		2:00 Tai Chi		
	Trans Fee \$10.00 for each event, bag your own lunch!		5:00 p.m. -9:00 p.m. National Night Out			
	9:00 Taiji (Room TBA) 7	9:00 Taiji (Room TBA) 8	9:00 Taiji (Room TBA) 9	8:30 Taiji (Room (TBA) 10		12
	10:00 Painting -Room 2	10:00 Painting -Room 2	10:30 Yiddish Group-Library	9:30: Healthy Bones-Room 2		
	10:30 Blood Pressure-Library	10:00 Chorus-CANCELLED	11:45 Exercise with Donna	10:00 Painting-Library	Center Closed	
	11:30 CHAIR YOGA	10:30 TRIP: Crystal Springs Pool	12:30 Trip:Nassau Mall	12:30 Bingo		
	1:00 Movie: "Hachi" A Dog's Tale	Age 60 & over \$10.00, under 60 \$22.00	Princeton	11:30 Exercise/Chair Yoga/Tai Chi- VIDEO		
	Based on a True Story	12:30 Bingo - (Rm. 1)		12:30-3:30 Mike the Barber-Appt Only		
	Starring Richard Gere	2:30 Ice Cream Social		Haircuts \$7.00		
		Bluegrass Music Jam		2:00 TAI CHI/PODIATRIST		
		MUST SIGN UP		**Food Pantry Day**		
	13 9:00 Taiji (Room TBA) 14	9:00 Taiji (Room TBA) 15	9:00 Taiji (Room TBA) 16	8:30 Taiji (Room (TBA) 17		19
	10:00 Painting -Library	10:00 Painting - Library	10:00 Chinese Culture Presentation	9:30: Healthy Bones-Room 3		
	11:30 CHAIR YOGA- VIDEO	10:00 Chorus	10:30 Yiddish Group-Library	10:00 Painting-Library	Center Closed	
	11:00 " VUOLA!"	11:00 Piano Instruction with Gwen	11:45 Exercise with Donna - VIDEO	11:30 Exercise/Chair Yoga/Tai Chi- VIDEO		
	Learn to cook arroz con pollo w/Janet	12:30 Bingo-Room 1	12:30 Trip: The Barge	12:30 Bingo		
	Must sign Up	1:00 Bridge	Perth Amboy	2:00 Tai Chi		
	1:00 Movie:"Finding Dory"	3:00 Hawaiian Luau Party				
	Walt Disney Movie	Refreshments-Must sign Up!! -				
	20 9:00 Taiji (Room TBA) 21	9:00 Taiji (Room TBA) 22	9:00 Taiji (Room TBA) 23	8:30 Taiji (Room (TBA) 24		26
	9:00 Senior Beach Trip!	10:00 Painting - Library	10:30 Yiddish Group-Library	9:30: Healthy Bones-Room 2		
	Long Branch Beach \$20.00	10:00 Chorus	11:45 Exercise with Donna	10:00 Painting-Library	Center Closed	
	Includes Transportation Fee	11:00 Piano Instruction with Gwen	12:30 Trip: Wegmans/Boscov's	11:30 Exercise/Chair Yoga/Tai Chi- VIDEO		
	Cash Only-Must sign up!!	12:30 Bingo	Woodbridge	12:30 Bingo		
	10:00 Painting -Library	1:00 Bridge		2:00 Tai Chi		
	11:30 CHAIR YOGA					
	1:00 Movie:"The Last Word"			**Food Pantry Day**		**Food Pantry Day**
	27 9:00 Taiji (Room TBA) 28	8:15 TRIP: Atlantic City 29	9:00 Taiji (Room TBA) 30	8:30 Taiji (Room (TBA) 31		
	11:30 Exercise w/Donna F 12:30 Yoga	Resorts-\$38.00	10:30 Yiddish Group-Library	9:30: Healthy Bones-Room 3	Summer Hours	
	Exercise & Weight Training	9:00 Taiji (Room TBA)	11:45 Exercise with Donna	10:00 Painting-Library	Mondays 8am-5:30pm	
	1:00 Bridge	10:00 Painting -Library	12:30 Trip: Target/Red Lobster	11:30 Exercise/Chair Yoga/Tai Chi- VIDEO	Tuesdays 8am-6pm	
	1:00 Movie: "The Incredible Shrinking Woman"	10:00 Chorus/11:00 Piano Ins w.Gwen	Piscataway	12:30 Bingo	Weds 8am-5:30pm	
	Monday Movie Classic	12:30 Bingo		2:00 Tai Chi	Thursdays 8am-4pm	
	Starring Lily Tomlin	3:00 Afternoon Tea-			FRIDAYS CLOSED	
		Must sign up				
Department of Community Services, Offices on Aging (732) 819-0052						

