



Highland Park Senior Center Calendar - November 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	PLEASE NOTE		9:00 Taiji (Room TBA) 1 10:00 Seamstress 10:30 Yiddish Group-Library 10:30 Painting with Flowers-Room 2 11:45 Exercise w/ Donna F 12:30 Trip: MEGA Wal-Mart-East Brunswick 6:00-Paint with the Mayor	8:30 Taiji (Room TBA) 2 9:30 Healthy Bones-Room-3 10:00 Painting-Room-2 12:30 BINGO 1:00 ARA Meeting-Room 3 & 4 2:00 Tai Chi-(Courtroom)	9:00 Taiji (Room TBA) 3 10:00 Painting Room-2 11:00 PRESENTATION: MEMORY SCREENING- Must sign up! 11:30 Exercise w/Donna & Chair Yoga	
5	9:00 Taiji (Room TBA) 6 10:00 Painting - Room 2 Daylight Savings Time Ends Turn Clock Back 1 Hour 	 Election Day Polling Location Senior In-Town & Medical Transportation Available All Day 9:00 Trip: Peddler's Village, PA	7 9:00 Taiji (Room TBA) 8 10:00 Seamstress 10:30 Painting with Flowers-Room 2 10:30 Yiddish Group-Library 11:45 Exercise w/ Donna F 12:30 Trip: Middlesex Mall/Red Lobster Hobby Lobby, Piscataway, NJ 3:00 Ping Pong	9 8:30 Taiji (Room TBA) 9 9:30 TRIP: Columbus Market, \$10.00 9:30 Healthy Bones-Room 2 10:00 Painting-Library 10:30 Comp Class-BASIC 12:30 -3:30 pm "Mike the Barber" Haircuts - \$7.00 per person 12:30 BINGO/2:00 Tai Chi/Podiatrist **Food Pantry**	10 CENTER CLOSED VETERAN'S DAY 	11 11:00AM Veterans Day Parade Highland Park Doughboy Monument Raritan Ave
12	9:00 Taiji (Room TBA) 13 10:00 Painting - Room 2 11:00 Senior Walking Group 11:30 Chair YOGA 1:00 Movie: "Wonder Woman"- 2017 Call Center for details	14 9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:30 - 2:30 BINGO (Rm.1) 2:30: SPECIAL PROGRAM "The Songs of Irving Berlin" By Barbara McCarthy Refreshments-Must Sign Up!	15 9:00 Taiji (Room TBA) 10:00 Seamstress 10:30 Yiddish Group-Library 10:30 Painting with Flowers-Room 2 11:45 Exercise w/ Donna F 12:30 Trip: Wegman's/Panera Bread 3:00 Ping Pong	16 8:30 Taiji (Room TBA) 16 9:30 Healthy Bones-Room-3 10:00 Painting-Room 2 12:30 BINGO-Room 2 1:30 ARA Discussion Group-(Library) 2:00 Tai Chi 2:30 Council on Aging Meeting	17 9:00 Taiji (Room TBA) 10:00 Painting Room-2 10:00-12:00 Writing Group-Room 3 or 4 10:00-1:00 Unite Pharmacy-FLU CLINIC 10:30 ARA Board Meeting-Library 11:30 Exercise w/Donna & Chair Yoga	18
19	9:00 Taiji (Room TBA) 20 10:00 Painting (Library) 11:00 Senior Walking Group 11:00 Home Energy Assist Program 12:00 Thanksgiving Luncheon Musical Entertainment 	21 9:00 Taiji (Room TBA) 9:30 Home Energy Assist Program 10:00 Chorus (Library) 10:00 TRIP: Delicious Orchards \$10.00 Trans Fee, Must sign up!! 12:30 BINGO/ 1:00 BRIDGE 4:00 Herbal Healing Workshop Must Sign Up/Food Pantry	22 9:00 Taiji (Room TBA) 10:30 Yiddish Group-Library 10:30 Painting with Flowers-Room 2 11:45 Exercise w/ Donna F 12:30 Trip: ShopRite (Mid State Mall) East Brunswick 3:00 Ping Pong	23 CENTER CLOSED 	24 CENTER CLOSED 	25
26	9:00 Taiji (Room TBA) 27 10:00 Painting-Room-2 11:00 Senior Walking Group 11:30 Chair YOGA 1:00 Movie: MOVIE CLASSIC "Miss Congeniality"- COMEDY Sandra Bullock & Benjamin Bratt Call Center for Details	28 9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:30 BINGO/1:00 Bridge 2:30-5:30-LIVE MUSIC Bluegrass Music Jam 	29 9:00 Taiji (Room TBA) 10:30 Yiddish Group-Library 11:45 Exercise w/ Donna F 10:30 Painting with Flowers-Room 2 12:30 Trip: K-Mart/Rutgers Plaza Somerset 3:00 Ping Pong	30 8:30 Taiji (Room TBA) 30 9:30 Healthy Bones 10:00 Painting-Room 2 10:30 Comp Class-WORD 12:30 BINGO-Room 2 2:00 Tai Chi		