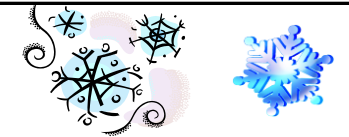


Highland Park Senior Center Calendar - January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
<u>Boro/Center Hours</u>		CENTER CLOSED	9:00 Taiji (Room TBA) 10:00 Seamstress 10:00 Painting-Room 2 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F	8:30 Taiji (Room TBA) 9:30 Healthy Bones-Room 3 10:00 Painting- Room 2 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 ARA Discussion Group-TBA	9:00 Taiji (Room TBA) 10:30 Computer Class-Excel 11:30: Exercise w/Donna F	
Mondays, Weds, Thursdays 8:00am-4:00pm Tuesdays 8:00am-6:00pm Fridays 8:00am-1:00pm						
6	7	8	9	10	11	12
9:00 Taiji (Room TBA) 10:00 Painting 10:00 Knitting Group 11:00 Blood Pressure Screening-Library 11:30 CHAIR YOGA 1:00: Movie:"Dumplin" Starring Jennifer Aniston	9:00 Taiji (Room TBA) 10:00 Sing Along 11:00 Special Program with the Mayor "What's New & What's News In the Boro Discussion, sign up! 12:00 Senior Luncheon 12:30 Ryde4Life Program	9:00 Taiji (Room TBA) 10:00 Seamstress 10:00 Painting-Room 2 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 TRIP:Menlo Park Mall Cheesecake Factory, Edison	9:00 Taiji (Room TBA) 10:00 Seamstress 10:00 Painting - Library 12:00 Lunch Program \$5.00 12:30 BINGO 12:30-3:30pm "Mike the Barber" Haircuts \$7.00 a person. By Appt only! 2:00 Podiatrist	8:30 Taiji (Room TBA) 9:30 Healthy Bones-Room 2 10:00 Painting - Library 12:00 Lunch Program \$5.00 12:30 BINGO 12:30-3:30pm "Mike the Barber" Haircuts \$7.00 a person. By Appt only! 2:00 Podiatrist	9:00 Taiji (Room TBA) 10:30 Tea & Discussion Group Current Events, MUST SIGN UP! 11:30: Exercise w/Donna F	
		2:15 Bingo/Bridge 1:00 Bridge		**Food Pantry**		**Food Pantry**
13	14	15	16	17	18	19
Highland Park Municipal Band Winter Concert Free to the Public 2pm-3pm	9:00 Taiji (Room TBA) 10:00 Painting 10:00 Knitting Group 11:00 Blood Pressure Screening-Library 11:30 CHAIR YOGA 1:00: Movie:Academy Award Winner "Mudbound" Starring Mary J. Blige	9:00 Taiji (Room TBA) 10:00 Sing Along 11:00 Piano Instruction with Gwen 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 Bridge	9:00 Taiji (Room TBA) 10:00 Seamstress 10:00 Painting-Room 2 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 TRIP: Nassau Mall Princeton	8:30 Taiji (Room TBA) 9:30 Healthy Bones -Room 3 10:00 Painting - Room 2 12:00 Lunch Program \$5.00 12:30 BINGO 1:30 ARA Discussion Group (Library) 2:00 Tai Chi	9:00 Taiji (Room TBA) 10:30 Computer Class-Basic 11:30: Exercise w/Donna F	
Free to the Public The National Center for Jewish Film Presents: Rosenwald: The Story of a Jewish Partnership with African Americans Communities 2:00pm	CENTER CLOSED Martin Luther King's Birthday 			**Food Pantry**		**Food Pantry**
27	28	29	30	31		
9:00 Taiji (Room TBA) 10:00 Painting 10:00 Knitting Group 11:30 Chair YOGA 1:00 Movie: True Story "Walt Before Disney" Call Center for Details	9:00 Taiji (Room TBA) 10:00 Sing Along 11:00 Piano Instruction with Gwen 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 Bridge	9:00 Taiji (Room TBA) 10:00 Seamstress 10:00 Painting-Room 2 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 TRIP: Woodbridge Center Wegmans, Woodbridge	9:00 Taiji (Room TBA) 10:00 Seamstress 10:00 Painting-Room 2 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 TRIP: Shop Rite (Mid-State Mall) Boston Market, East Brunswick	8:30 Taiji (Room TBA) 9:30 Healthy Bones-Room 2 10:00 Painting Room (Library) 12:00 Lunch Program \$5.00 12:30 BINGO 2:00 Tai Chi		