




# Highland Park Senior Center Calendar - March 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>PLEASE NOTE</b>	<u>Upcoming Trip</u>		8:30 Taiji (Room TBA) 1	9:00 Taiji (Room TBA) 2	3
	<b><u>TAI CHI HAS BEEN CANCELLED FOR THURSDAY MARCH 8 AND THURSDAY, MARCH 15</u></b>	<b><u>ATLANTIC CITY Tuesday, April 17, 2018</u></b>		9:30 Healthy Bones Room 3 10:00 Painting Room - 2/ 11:00 Bridge <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO-Room 2 <b><u>1:00 ARA Meeting Room 3 &amp; 4</u></b> 2:00 Tai Chi-(Courtroom)	10:00 Painting Room 2 <b><u>10:30 Computer Class-WORD</u></b> <b><u>11:30: Exercise/ Chair Yoga</u></b> with Donna F	
4	9:00 Taiji (Room TBA) 10:00 Painting- Room-2 <b><u>10:00 Blood Pressure-Library</u></b> 11:00 Senior Walking Group <b><u>11:30 CHAIR YOGA</u></b> <b><u>1:00 Movie: "Megan Leavey"</u></b> <b><u>Based on a True Story</u></b>	5 9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO 1:00 Bridge	6 9:00 Taiji (Room TBA) <b><u>9:30-3:00 Tax Preparation-Appointment Only</u></b> 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w/ Donna F <b><u>12:30 Trip: Walmart/Aldi's/Applebees</u></b> <b><u>Piscataway</u></b>	7 8:30 Taiji (Room TBA) 8 9:30 Healthy Bones Room 2 10:00 Painting/11:00Bridge/12:30 BINGO <b><u>11-1pm Games,Nails,Books Sign -Up!</u></b> <b><u>12:00 CAMEO Lunch Program</u></b> <b><u>12:30 -3:30 "Mike the Barber"-Appt Only</u></b> <b><u>2:00 - 4:00 Podiatrist **Food Pantry**</u></b>	9 9:00 Taiji (Room TBA) 10:00 Painting Room 2 <b><u>11:00 "NAME THAT TUNE," Hosted by</u></b> <b><u>Tri-State Pharmaceutical &amp; HP Aging</u></b> <b><u>Refreshments Served, Must Sign Up!</u></b> 11:30: Exercise/ Chair Yoga with Donna F	10
	11 <b>Daylight Savings Begins</b>  <b>Forward one hour</b>	12 9:00 Taiji/10:00 Chorus 10:00 Painting-Library <b><u>11:00 PRESENTATION: Senior Bullying &amp; Cultural Diversity</u></b> <b><u>11:30 Senior Luncheon</u></b> <b><u>Performance by: Ian Gallagher</u></b> 2:00 BINGO/Bridge	13 9:00 Taiji (Room TBA) <b><u>9:30-3:00 Tax Preparation-Appointment Only</u></b> 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w/ Donna F <b><u>12:30 Trip: Menlo Park Mall-Cheesecake Factory</u></b> <b><u>Edison</u></b>	14 8:30 Taiji (Room TBA) 15 9:30 Healthy Bones Room 3 10:00 Painting-Room 2 <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO-Room 2 <b><u>1:00 ARA Discussion Group (Library)</u></b> 2:00 Tai Chi-CANCELLED	16 9:00 Taiji (Room TBA) 10:00 Painting Room 2 <b><u>11:00 PRESENTATION: Ken Vercammen, Esq., Wills &amp; Estates</u></b> <b><u>Musr sign up!</u></b> <b><u>11:00 Chair Massage-call Center for details</u></b> 11:30: Exercise/ Chair Yoga W Donna F	17  <b>Happy St. Patrick's Day</b>
18	9:00 Taiji (Room TBA) 10:00 Painting-Room 2 11:00 Senior Walking Group <b><u>11:30 CHAIR YOGA</u></b> <b><u>1:00 Movie:MONDAY CLASSIC</u></b> <b><u>"Apollo 13,"starring Tom Hanks</u></b> <b><u>Call Center for details</u></b>	19 9:00 Taiji (Room TBA) <b><u>9:45 Trip: Hunterdon Hills Playhouse</u></b> <b><u>Full Course Meal &amp; Show \$79.00</u></b> 10:00 Chorus 11:00 Piano Instruction with Gwen <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO/1:00 Bridge	20 9:00 Taiji (Room TBA) <b><u>9:30-3:00 Tax Preparation-Appointment Only</u></b> 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w/ Donna F Exercise & Tai Chi <b><u>12:30 Trip: Nassau Mall-Princeton</u></b>	21 8:30 Taiji (Room TBA) 22 9:30 Healthy bones-Room 3 10:00 Painting- Library <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO-Room 2 <b><u>2:00 Tai Chi</u></b> <b><u>**Food Pantry**</u></b>	23 9:00 Taiji (Room TBA) 10:00 Painting Room 2 <b><u>10:30 Computer Class-INTERNET</u></b> <b><u>10:30 Board Meeting-Room 3 or 4</u></b> 11:30: Exercise/ Chair Yoga with Donna F	24
25	9:00 Taiji (Room TBA) 10:00 Painting-Room 2 11:00 Senior Walking Group <b><u>11:30 CHAIR YOGA</u></b> <b><u>12:30-3:00 WORKSHOP-Sign Up!</u></b> <b><u>Take Control of Your Health</u></b> <b><u>1:00 Movie: "Marshall," True Story</u></b>	26 9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO 1:00 Bridge <b><u>2:30 Council On Aging Meeting</u></b>	27 9:00 Taiji (Room TBA) <b><u>9:30-3:00 Tax Preparation-Appointment Only</u></b> 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w/ Donna F <b><u>12:30 Trip: ShopRite (Mid-State Mall)</u></b> <b><u>East Brunswick-Boston Market</u></b>	28 8:30 Taiji (Room TBA) 29 9:30 Healthy bones-Room 3 10:00 Painting- Room 2 <b><u>12:00 CAMEO Lunch Program</u></b> 12:30 BINGO-Room 2 <b><u>2:00 Tai Chi</u></b>	30  <b>CENTER CLOSED</b>	31 