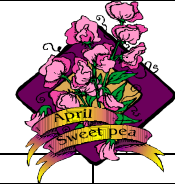




Highland Park Senior Center Calendar - April 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
1	9:00 Taiji (Room TBA) 10:00 Painting Room 2 10:30 Blood Pressure -Library 11:00 Senior Walking Group 11:30 CHAIR YOGA 1:00 Movie: "Spotlight"-True Story Starring Michael Keaton Call Center for Details	2	9:00 Taiji (Room TBA) 10:00 Chorus-CANCELLED 11:00 Piano w/Gwen-CANCELLED 12:30 BINGO 1:00 Bridge	3	9:00 Taiji (Room TBA) 9:30 - 3:00 Tax Preparation-Appointment Only 10:00 Seamstress 10:30 Yiddish Group 11:45: Exercise w/ Donna F 12:30 Trip: Walmart/Applebees Piscataway	4	8:30 Taiji (Room TBA) 9:30 Healthy Bones-Room 3 10:00 Painting - Room 2 11:00 Bridge 12:30 BINGO 1:00 ARA Meeting Room 3 & 4 2:00 Tai Chi-(Courtroom)	5	9:00 Taiji (Room TBA) 10:00 Painting Room 2 10:30 Computet Class-EXCEL 11:30: Exercise/Chair Yoga/Tai Chi with Donna F	6	7
8	9:00 Taiji (Room TBA) 10:00 Painting Room 2 11:00 Senior Walking Group 11:30 CHAIR YOGA 12:30-3:00 WORKSHOP-Must sign up! "Take Control of Your Health" 1:00 Movie:"The Theory of Everything" Tribute to Stephen Hawkins, 1942-2018 True Story-Call Center for Details	9	9:00 Taiji (Room TBA) 10:00 Chorus 11:00:PRESENTATION: Creating a Healthy Home by MC Board of Freeholders 12:00 Senior Spring Luncheon Entertainment: Spook Handy 2:00: Bingo/Bridge	10	9:00 Taiji (Room TBA) 9:30 - 3:00 Tax Preparation-Appointment Only 10:00 Seamstress 10:30 Yiddish Group 11:45: Exercise w/ Donna F 12:30 Trip: Nassau Mall-Princeton	11	8:30 Taiji (Room TBA) 9:30 Healthy Bones - Room 2 10:00 Painting - Library 12:00 CAMEO Lunch Program 12:30 -3:30 "Mike the Barber"-Appt Only 12:30 Bingo 2:00 Tai Chi 2:00 - 4:00 Podiatrist **Food Pantry**	12	9:00 Taiji (Room TBA) 10:00 Painting - Room 2 10:30 Computet Class-BASIC 11:00 "NAME THAT TUNE," Hosted by Tri-State Pharmaceutical & HP Aging Refreshments Served-Must sign up! 11:30: Exercise/Chair Yoga/Tai Chi with Donna F	13	14
15	9:00 Taiji (Room TBA) 10:00 Painting-Room 2 11:00 Senior Walking Group 11:30 CHAIR YOGA 12:30-3:00 WORKSHOP-Must sign up! "Take Control of Your Health" 1:00 Movie: "An Unfinished Life" starring Robert Redford & Morgan Freeman	16	9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 CAMEO Lunch Program 12:30 BINGO 1:00 Bridge	17	9:00 Taiji (Room TBA) 10:00 Seamstress 10:30 Yiddish Group 11:45: Exercise w/ Donna F 12:30 Trip: Wegmans/Panera Bread Woodbridge, NJ	18	8:30 Taiji (Room TBA) 9:30 Healthy Bones -Room 3 10:00 Painting - Library 12:00 CAMEO Lunch Program 12:30 BINGO 1:00 ARA Discussion Group- (Library) 2:00 Tai Chi **Food Pantry**	19	9:00 Taiji (Room TBA) 10:00 Painting - Room 2 11:30: Exercise/Chair Yoga/Tai Chi with Donna F **National Volunteer Recognition Day**	20	21
22	9:00 Taiji (Room TBA) 10:00 Painting-Room 2 11:00 Senior Walking Group 11:30 CHAIR YOGA 12:30-3:00 WORKSHOP-Must sign up! "Take Control of Your Health" 1:00 Movie: COMEDY "Fury Vengeance"	23	8:15 TRIP-Atlantic City Casino: Tropicana-\$35.00 9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 CAMEO Lunch Program 12:30 BINGO 1:00 Bridge	24	9:00 Taiji (Room TBA) 10:00 Seamstress 10:30 Yiddish Group 11:45: Exercise w/ Donna F 12:30 Trip: ShopRite (Mid-State Mall) East Brunswick-Boston Market	25	8:30 Taiji (Room TBA) 9:30 Healthy Bones -Room 3 10:00 Painting-Room 2 11:00 Bridge 12:00 CAMEO Lunch Program 12:30 BINGO 2:00 Tai Chi	26	9:00 Taiji (Room TBA) 10:00 Painting - Room 2 10:30 Board Meeting-Library 11:30: Exercise/Chair Yoga/Tai Chi with Donna F	27	28
29	9:00 Taiji (Room TBA) 10:00 Painting-Room 2 11:30 CHAIR YOGA 12:30-3:00 WORKSHOP-Must sign up! "Take Control of Your Health" 1:00 Movie:"The Pursuit of Happyness" Starring Will Smith-TRUE STORY!	30									