



Highland Park Senior Center Calendar - May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:00 Taiji (Room TBA) 1	8:30 Taiji (Room TBA) 2	9:00 Taiji (Room TBA) 3	4
			10:00 Painting-Room 2	9:30 Healthy Bones- Room 3	10:00-11:30-W.I.S.E.	
			10:00 Seamstress	10:00 Painting Room 2	FREE Six Week Workshop Series	
			10:30 Yiddish Group	12:00 CAMEO Lunch Program \$5.00	Must Sign Up!	
			11:45 Exercise w Donna F \$1.00	12:30 BINGO	10:00 Trip: 90's Birthday Bash	
			12:30 Trip: Walmart/Applebees	1:00 ARA Meeting-Library	Piscataway Senior Center	
			Piscataway	2:00 Tai Chi \$1.00	10:30 Computer Class-BASIC	
					11:30 Exercise with Donna \$1:00	
5	9:00 Taiji	6	9:00 Taiji (Room TBA) 7	9:00 Taiji (Room TBA) 8	9:00 Taiji (Room TBA) 9	10
	9:30 WORKSHOP-Pedestrian Safety	10:00 Chorus	10:00 Painting-Room 2	9:30 Healthy Bones- Room 2	9:45-12:30 Trip: STATE THEATRE, \$8.00	
9:00am HP 5K RUN	KMM- Silver Safety Series-Part 1	11:00 Piano Instruction with Gwen	10:00 Seanstress	10:00 Painting - Library	New Brunswick, "Beauty & the Beast"	
11:30am Street Fair	MUST SIGN UP!	12:00 CAMEO Lunch Program \$5.00	10:30 Yiddish Group	12:00 CAMEO Lunch Program \$5.00	10:00-11:30-W.I.S.E.	
Raritan Ave	10:00 Painting (TBA)/Knitting Group	12:30 BINGO	11:45 Exercise w Donna F \$1.00	12:30-3:30 "Mike the Barber, " Appt Only!	FREE Six Week Workshop Series	
	10:30 Blood Pressure-Library	1:00 Bridge	12:30 Trip: Woodbridge Center/Wegmans	Haircut \$7:00 a per a person	Must Sign Up!	
	11:30: CHAIR YOGA 1:00		Woodbridge	12:30 BINGO	11:30 Exercise with Donna \$1:00	
	1:00 Movie: MUSICAL		1:00 Spring Concert Performances By:	2:00 Tai Chi \$1.00		
	"Bye Bye Birdie"		Rutgers Chamber Music	**FOOD PANTRY**	**FOOD PANTRY**	
12	9:00 Taiji (TBA)	13	9:00 Taiji (Room TBA) 14	9:00 Taiji (Room TBA) 15	8:30 Taiji (Room TBA) 16	9:00 Taiji (Room TBA) 17
	10:00 Painting Room 2	11:00 "What's New & Whats New's"	10:00 Painting-Room 2	9:30 Healthy Bones - Room 3	10:00-11:30-W.I.S.E.	
Happy Mothers Day!	10:00 Knitting Group	11:30 Special Program	10:00 Seanstress	10:00 Painting - Room 2	FREE Six Week Workshop Series	
	11:30: CHAIR YOGA 1:00	Grand-Parenting Presenation	10:30 Yiddish Group	10:45-2:00 Trip: Greek Festival	Must Sign Up!	
	1:00 Movie: COMEDY!	12:00 Monthers Day Luncheon	11:45 Exercise w Donna F \$1.00	12:00 CAMEO Lunch Program \$5.00	11:00 PLANTING with Brightstar	
	Based on true events.	Entertainment: Gordon James	12:30 Trip: Shop Rite (Mid-State Mall)	12:30 BINGO	SPACE LIMITED-MUST SIGN UP!	
	"Stan & Ollie," Sweet story of		East Brunswick	2:00 Tai Chi \$1.00	11:30 Exercise with Donna \$1:00	
	two legendary comics!	2:00 BINGO/Bridge	1:00 Podiatrist			
19	9:00 Taiji (TBA)	20	9:00 Taiji (Room TBA) 21	9:00 Taiji (Room TBA) 22	8:30 Taiji (Room TBA) 23	9:00 Taiji (Room TBA) 24
	10:00 Painting-Library	10:00 Chorus/Piano w/Gwen	10:00 Painting-Room 2	9:30 Healthy Bones- Room 2	10:00-11:30-W.I.S.E.	
	11:00 Senior Walking Group	10:00 PRESENTATION:	10:00 Seanstress	10:00 Painting - Library	FREE Six Week Workshop Series	
	11:30: CHAIR YOGA	10 SIGNS OF ALZHEIMERS	10:30 Yiddish Group	11:00 Bridge	Must Sign Up!	
	1:00 Movie: "VICE"	Must Sign Up!	11:45 Exercise w Donna F \$1.00	12:00 CAMEO Lunch Program \$5.00	10:30 Computer Class-INTERNET	
	Based on true events. Starring	12:00 CAMEO Lunch Program \$5.00	12:30 Trip: PNC Senior Concert	12:30 BINGO	10:30 Tea & Discussion Group	
	Tyler Perry. Call Center for	12:30 BINGO/1:00 Bridge	Doo Wop Project, \$10.00	2:00 Tai Chi \$1.00	Current Events-Must Sign Up!	
	details.		**Happy Volunteer Recognition Day**	**FOOD PANTRY**	11:30 Exercise with Donna \$1:00	
26		27	9:00 Taiji (Room TBA) 28	9:00 Taiji (Room TBA) 29	8:30 Taiji (Room TBA) 30	9:00 Taiji (Room TBA) 31
	CENTER CLOSED	10:00 Chorus	9:00-12:00 AARP Driver Course-Sign Up!	9:30 FREE Eye Screening	10:00-11:30-W.I.S.E.	
	11:00 am Memorial Day Parade	11:00 Piano Instruction with Gwen	10:00 Painting-Room 2	9:30 Healthy Bones- Room 2	FREE Six Week Workshop Series	
	Highland Park Doughboy	12:00 CAMEO Lunch Program \$5.00	10:00 Seanstress	10:00 Painting - Library	Must Sign Up!	
	Raritan Ave	12:30 BINGO	10:30 Yiddish Group	11:00 Bridge	10:30 Tea & Discussion Group	
		1:00 Bridge	11:45 Exercise w Donna F \$1.00	12:00 CAMEO Lunch Program \$5.00	Current Events-Must Sign Up!	
			12:30 Trip: The Barge Restaurant	12:30 BINGO	11:30 Exercise with Donna \$1:00	
			Perth Amboy Waterfront	2:00 Tai Chi \$1.00		