



Highland Park Community Center Calendar - November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				9:00 Taiji (Room TBA) 1	9:00 Taiji (Room TBA) 2	3
				9:30 Healthy Bones-Room-3	10:00 Special Program: BRIGHTSTAR	
				10:00 Painting-Room-2	"Tips to Prepare for a Rainy Day"	
				12:30 BINGO	Paint with loose coins-FREE!	
				1:00 ARA Meeting-Room 3 & 4	Must sign up!!	
				2:00 Tai Chi-(Courtroom)	10:30 Computer Class: EXCEL	
					11:30 Exercise/Chair Yoga/Tai Chi	
4	9:00 Taiji (Room TBA) 5	6	9:00 Taiji (Room TBA) 7	9:00 Taiji (Room TBA) 8	9:00 Taiji (Room TBA) 9	10
Daylight Savings Time Ends Turn Clock Back 1 Hour	10:00 Painting - Room 2	Election Day Polling Location	10:00 Seamstress	9:30 Healthy Bones-Room 2	10:30 Tea & Discussion Group	
	11:00 Senior Walking Group	Senior In-Town & Medical Transportation Available All Day	10:00 Painting	10:00 Painting-Library	Discuss Current Events	
	11:30 Chair YOGA		10:30 Yiddish Group-Library	12:30 BINGO	Light Refreshments will be provided	
	1:00 Movie: "A Time to Remember" starring Doris Roberts & Dana Delaney	10:00 Sing-along (Library)	11:45 Exercise w/ Donna F	12:30 -3:30 pm "Mike the Barber"	11:30 Exercise/Chair Yoga/Tai Chi	
		12:30 BINGO (Rm.4)	12:30 Trip: Walmart	Haircuts - \$7.00 per person		
		1:00 BRIDGE	Piscataway	2:00 Tai Chi		
				2:00 Podiatrist		
				Food Pantry		**Food Pantry**
11		12	9:00 Taiji (Room TBA) 13	9:00 Taiji (Room TBA) 14	9:00 Taiji (Room TBA) 15	9:00 Taiji (Room TBA) 16
11:00 AM Veterans Day Parade Highland Park Doughboy Monument Raritan Ave	CENTER CLOSED VETERAN'S DAY 	10:00 Sing-along	10:00 Seamstress	9:30 Healthy Bones-Room-3	10:30 Computer Class: INTERNET	
		11:00 Piano Instruction with Gwen	10:00 Painting	10:00 Painting-Library	11:30 Exercise/Chair Yoga/Tai Chi	
		12:30 BINGO	10:30 Yiddish Group-Library	12:30 BINGO-Room 4		
			11:45 Exercise w/ Donna F	2:00 Tai Chi		
			12:30 Trip: Woodbridge Center/Wegmans			
				Food Pantry Turkey Distribution		
18	9:00 Taiji (Room TBA) 19	9:00 Taiji (Room TBA) 20	9:00 Taiji (Room TBA) 21			24
	10:00 Painting (Library)	9:30 TRIP: Hunterdon Hills	10:00 Painting	CENTER CLOSED	CENTER CLOSED	
	11:30 Special Presentation by: Social Worker, Nicole Huff	Playhouse Presents: "Christmas in the Air" \$85.00	10:30 Yiddish Group-Library			
	12:00 Thanksgiving Luncheon	10:00 Sing-along	11:45 Exercise w/ Donna F			
	Musical Entertainment By: Jerry Castaldo	11:00 Presentation: Dementia	12:30 Trip: Shoprite - South Plainfield			
		12:30 BINGO/1:00 Bridge				**Food Pantry**
		Food Pantry				
25	9:00 Taiji (Room TBA) 26	9:00 Taiji (Room TBA) 27	9:00 Taiji (Room TBA) 28	9:00 Taiji (Room TBA) 29	9:00 Taiji (Room TBA) 30	
	10:00 Painting-Room 2	10:00 Sing-along	10:00 Painting	9:30 Healthy Bones	10:30 Tea & Discussion Group	
	10:00 NEW Writing Group Forming	11:00 Piano Instruction with Gwen	10:30 Yiddish Group-Library	10:00 Painting-Room 2	Discuss Current Events	
	11:00 Senior Walking Group	12:30 BINGO	11:45 Exercise w/ Donna F	12:30 BINGO	Light Refreshments will be provided	
	11:30 Chair YOGA	1:00 BRIDGE	12:30 Trip: Hadley Mall/Red Lobster	2:00 Tai Chi	11:30 Exercise/Chair Yoga/Tai Chi	
	1:00 Movie: "Mama Mia, Here We Go Again," (2018). Starring Meryl Streep & Pierce Brosnan					