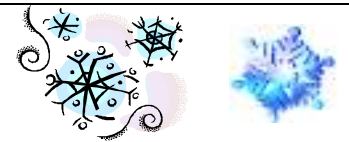
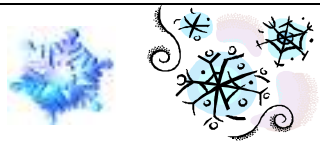


Highland Park Senior Center Calendar - January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
<u>Boro/Center Hours</u>	CENTER CLOSED	9:00 Taiji (Room TBA)	9:00 Taiji (Room TBA)	8:30 Taiji (Room TBA)	9:00 Taiji (Room TBA)	
Mondays, Weds, Thursdays 8:00am-4:00pm Tuesdays 8:00am-6:00pm Fridays 8:00am-1:00pm		10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 Bridge	10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 Trip:MEGA Walmart East Brunswick	9:30 Healthy Bones-Room 3 10:00 Painting- Room 2 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 ARA Meeting-Room 3 & 4 2:00 Tai Chi (Courtroom)	10:00 Painting-Room 2 10:30 Computer Class-Excel 11:30: Exercise w/Donna F	
7	8	9	10	11	12	13
	9:00 Taiji (Room TBA) 10:00 Painting 11:00 Blood Pressure Screening-Library 11:00 Senior Walking Group 11:30 Chair YOGA 11:30 Presentation:"Let's Talk About It" By: Alison Thomas-Cottingham 1:00 Movie: Miss Congeniality 2	9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 Bridge	9:00 Taiji (Room TBA) 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 Trip: Wegman's/Panera Bread Woodbridge	8:30 Taiji (Room TBA) Food Pantry 9:30 Healthy Bones-Room 2 10:00 Painting - Library/11:00 Bridge 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 2:30 Men's Discussion Group	9:00 Taiji (Room TBA) 10:00 Painting-Room 2 10:00-12:00 Writing Group-Library 11:30: Exercise w/Donna F	
14	15	16	17	18	19	20
	CENTER CLOSED Martin Luther King's Birthday 	TRIP : AMC Loews Theatre Time/Price (TBA)*Must sign up* Movie:"The Post" 10:00 Chorus/11:00 Piano Instruction 12:00 Lunch Program \$5.00 12:30 BINGO Rm. 2 /1:00 Bridge 2:30 Concert: Klezmer Music	9:00 Taiji (Room TBA) 10:30 Yiddish Group (Library) 11:45: Exercise w/ Donna F 12:30 Trip: Middlesex Mall/Red Lobster Hobby Lobby, Piscataway, NJ	8:30 Taiji (Room TBA) 9:30 Healthy Bones -Room 3 10:00 Painting - Room 2 11:00 Bridge 12:00 Lunch Program \$5.00 12:30 BINGO 1:30 ARA Discussion Group (Library) 2:00 Tai Chi	9:00 Taiji (Room TBA) 10:00 Painting - Room 2 10:30 Computer Class-Basic 11:30: Exercise w/Donna F	
21	22	23	24	25	26	27
	9:00 Taiji (Room TBA) 10:00 Painting 11:00 Senior Walking Group 11:30 Chair YOGA 1:00 Movie:NEW RELEASE "The Glass Castle" Based on a True Story	9:00 Taiji (Room TBA) 10:00 Chorus-Library 11:00:Chinese Culture Presentation 12:00 Senior Luncheon Entertainment: Jerry Castaldo 2:45 BINGO 3:00 Bridge	9:00 Taiji (Room TBA) 10:30 Yiddish Group (Library) 11:45 Exercise w/ Donna F 12:30 Trip: K-Mart/Rutgers Plaza Somerset	8:30 Taiji (Room TBA) 9:30 Healthy Bones-Room 2 10:00 Painting Room (Library) 11:00 Bridge 12:00 Lunch Program \$5.00 12:30 BINGO 2:00 Tai Chi **Food Pantry**	9:00 Taiji (Room TBA) 10:00 Painting-Room 3 or 4 10:30 ARA Board Meeting-Library 11:30: Exercise w/Donna F	
28	29	30	31			
	9:00 Taiji (Room TBA) 10:00 Painting 11:00 Senior Walking Group 11:30 Chair YOGA 1:00 Movie:DRAMA/COMEDY "Dough." A Jewish Baker struggles to keep his business afloat.	9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 Lunch Program \$5.00 12:30 BINGO 1:00 Bridge	9:00 Taiji (Room TBA) 10:30 Yiddish Group (Library) 11:45 Exercise w/ Donna F 12:30 Trip: Shop Rite-(Mid-State Mall) East Brunswick			