







Highland Park Senior Center Calendar - September 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
<p>Upcoming Trip Cornucopia Cruise Perth Amboy, NJ \$65 NON Refundable Fee Wednesday, October 9th Bus leaves at 10:45am</p>	<p>CENTER CLOSED</p> 	<p>9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 CAMEO Lunch Program \$5.00 12:30 BINGO 1:00 Bridge</p>	<p>9:00 Taiji (Room TBA) 9:30 Painting-Room 2 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w Donna F \$1:00 12:30 Trip: PNC Senior Concert Bobby Rydel/Ron Dante \$10.00</p>	<p>8:30 Taiji (Room TBA) 9:30 Healthy Bones- Room 3 9:30 Painting-Room 2 12:00 CAMEO Lunch Program \$5.00 12:30 BINGO 2:00 Tai Chi \$1.00</p>	<p>9:00 Taiji (Room TBA) 10:30 Computer Class-OPEN 11:30 Exercise with Donna F. \$1:00</p>	
8	9	10	11	12	13	14
<p>Upcoming Trip Hunterdon Hills Plyhse Christmas Comedy Show "The Three Scrooges" Tuesday, December 10th \$86.50 includes Lunch, Dessert, Transportation, Show, Tax & Gratuity</p>	<p>8:30 TRIP-Atlantic City Casino-Tropicana-\$35.00 9:00 Taiji (Room TBA) 9:30 Painting-Room 2 10:00 Knitting Group 11:30: CHAIR YOGA \$1.00 1:00 Movie: COMEDY! "Just Getting Started" Starring Morgan Freeman & Rene Russo</p> 	<p>9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 CAMEO Lunch Program \$5.00 12:30 BINGO 1:00 Bridge</p>	<p>9:00 Taiji (Room TBA) 9:30 Painting-Room 2 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w Donna F \$1:00 12:30 Trip: Walmart/TGI Fridays North Brunswick</p>	<p>8:30 Taiji (Room TBA) 9:30 Healthy Bones- Room 2 9:30 Painting -Library 12:00 CAMEO Lunch Program \$5.00 12:30-3:30 "Mike the Barber,"Appt Only! Haircut \$7.00 A person 12:30 BINGO 2:00 Tai Chi CANCELLED</p> 	<p>9:00 Taiji (Room TBA) 10:30 Tea & Discussion Group Current Events-Must Sign Up!! 11:30 Exercise with Donna F. \$1:00</p>	
15	16	17	18	19	20	21
	<p>9:00 Taiji (TBA) 9:30 Painting-Room 2 10:00 Knitting Group 11:00 Senior Walking Group 11:30: CHAIR YOGA \$1.00 1:00 Movie: "ROCKETMAN" Based on the true story of Singer, Elton John.</p>	<p>9:00 Taiji (Room TBA) 10:00 Chorus/11:00 Piano w/Gwen 11:30:Special Program with the Mayor 12:00 Senior Luncheon Entertainment provided by: Spook Handy 12:00 CAMEO Lunch Program \$5.00 2:00 Bingo/Bridge</p>	<p>9:00 Taiji (Room TBA) 9:30 Painting-Room 2 10:00 Seamstress 10:30 Yiddish Group 11:45 Exercise w Donna F \$1:00 12:30 Trip: Brunswick Sq. Mall Olive Garden, East Brunswick 1:00 PODIATRIST</p>	<p>8:30 Taiji (Room TBA) 9:30 Healthy Bones - Room 3 9:30 Painting-Room 2 12:00 CAMEO Lunch Program \$5.00 12:30 BINGO 2:00 Tai Chi CANCELLED</p>	<p>9:00 Taiji (Room TBA) 10:00-12:00 FREE BRAIN HEALTH WORKSHOP-Must sign up! 11:30 Exercise with Donna F. \$1:00</p>	
22	23	24	25	26	27	28
	<p>9:00 Taiji (TBA) 9:30 Painting-Room 2 10:00 Knitting Group 11:00 Senior Walking Group 11:30: CHAIR YOGA \$1.00 1:00 Movie: "Astronaut" starring, Richard Dreyfus First Day of Autumn</p> 	<p>9:00 Taiji (Room TBA) 10:00 Chorus 11:00 Piano Instruction with Gwen 12:00 CAMEO Lunch Program \$5.00 12:30 BINGO 1:00 Bridge</p>	<p>9:00 Taiji (Room TBA) 9:00-12:00 AARP Driver Course-Sign Up! 9:15 Middlesex County 2019 Senior Health & Fitness Walk, Roosevelt Park-Edison 9:30 Painting/10:30 Yiddish Group 11:45 Exercise w Donna F \$1:00 12:30 Trip: The Barge Restaurant Perth Amboy Waterfront</p>	<p>8:30 Taiji (Room TBA) 9:30 Healthy Bones-Room 2 9:30 Painting-Library 12:00 CAMEO Lunch Program \$5.00 12:30 BINGO 2:00 Tai Chi \$1.00</p>	<p>9:00 Taiji (Room TBA) 10:30 Tea & Discussion Group Current Events-Must Sign Up!! 11:30 Exercise with Donna F. \$1:00</p>	
29	30					
	<p>9:00 Taiji (TBA) 9:30 Painting-Room 2 11:00 FREE HEALTHY COOKING WORKSHOP-Must sign Up! 11:00 Senior Walking Group 11:30: CHAIR YOGA (Video) 1:00 Movie: "What they Had," starring Robert Forster, Hilary Swank</p>					