



April 2017 Free Events



Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY
3 "Conquering Arthritis" 1:30 refreshments CareOne Cupola	4 Emergency Procedures 1:30 refreshments Always Best Care	5 Learn More About Medicare 1:30 refreshments Caring People	6 Film Festival "Thelma & Louise" 1:00 Presented by Jim	7 Alcohol Awareness 1:30 refreshments Vytalyze
10 Game Day 11:00	11 Game Day 11:00	12 Spinal Wellness and Chair Massage 1:30 with refreshments Core Basics	13 Knitting 1:30 Our Very Own Edie	14 Current Events 1:30 Bob
17 A Little Taste of Easter and Passover 1:30 with refreshments Prospect Heights Care Center	18 Pot Luck Luncheon 12:00 Must Sign Up Bring Your Favorite Dish	19 What to Expect From Home Care 1:30 with refreshments Senior Quest	20 Film Festival "Gaslight" 1:00 Presented by Jim	21 9a-1p NJ TROOPERS FREE INSPECTION OF CHILDS' CAR SEATS Safety in Your Home 1:30 with refreshments Jewish Home Family
24 Are You At Risk For Accidental Poisoning 1:30 Hackensack University Med.Ctr.	25 Living With Arthritis 1:30 with refreshments Professional Physical Therapy	26 Train Your Brain 1:30 with refreshments Oasis	27 Own Your Power 1:00 Lorraine O'Brien	28 Making Memories at the Red Apple Rest 1:30 Author of Book-Red Apple Rest
Every Monday -- Silver Sneakers Exercise Class 11:45-12:30 Patrick	Mah Jongg Tues., Thurs., Sat. 11:00	By Appt. Only Free Haircuts on Thursday	 Proud Sponsor of Senior Source	