

# Parsippany LIVE

## MARCH 2010

See back for detailed information or call  
973-263-7043

Mailing Address &  
Program Information  
Parsippany LIVE  
UJC MetroWest  
901 Route 10 East  
Whippany, NJ 07981  
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### Calendar Key

BO = Baldwin Oaks Apts.

JCC = Jewish Community  
Center of MetroWest, 901  
Route 10 East, Whippany,  
(973) 428-9300

LH = Lake Hiawatha Branch  
Library, 68 Nokomis Road,  
(973) 335-0952

ML = Main Library, 449 Halsey  
Road, (973) 887-5150.

PAL = Police Athletic League,  
33 Baldwin Road, just South of  
Rte. 46,  
(973) 335-0555

RSVP = The volunteer program  
for people age 55+. (973) 784-  
4900, ext. 101 for more infor-  
mation.

SC = Senior Center, 1130 Knoll  
Road, (973) 263-7351

VMC = Friendship at Heart  
Program including: Phone  
Buddies, Friendly Visitor and  
Telephone Reassurance  
(973) 538-7200 x12

**ALL** residents  
age 60+ are  
welcome  
to participate!

Please note, schedule  
subject to change.

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Lifelong Employment @ SC, call for appt. (973) 263-7043	2 Gentle Yoga for Seniors @ ML, 10-11:00	3 Postmaster @ Baldwin Oaks, 9-10:30  Healthy Bones @ SC, 1-2:30 Male Continence: Keeping You Dry @ Morristown Memorial Hospital, 7 PM	4 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12	5 Tai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15
8 Lifelong Employment @ SC, call for appt. (973) 263-7043  JCC Bus Trip to Mohegan Sun Casino	9 Gentle Yoga for Seniors @ ML, 10-11:00  JFS Social Worker @ SC, call for appt. (973) 263-7043	10 Healthy Bones @ SC, 1-2:30 NEW! Ballroom Dancing @ SC, 2:45-3:45	11 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12	12 Tai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15
15 Lifelong Employment @ SC, call for appt. (973) 263-7043  Passover: More than Matzoh @ JCC, 10:30	16 Gentle Yoga for Seniors @ ML, 10-11:00	17 Healthy Bones @ SC, 1-2:30  Advisory Council Meeting @ SC, 3:00-4:30	18 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12	19 Tai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15
22 Lifelong Employment @ SC, call for appt. (973) 263-7043  Big Read Kickoff Celebration @ ML, 6:30 PM	23 Gentle Yoga for Seniors @ ML, 10-11:00  JFS Social Worker @ SC, call for appt. (973) 263-7043	24 Healthy Bones @ SC, 1-2:30 NEW! Ballroom Dancing @ SC, 2:45-3:45  Passover Seder @ JCC, 11-1:30	25 Walking Clubs @ BO, 9:30 - 10:30; @ PAL, 11 - 12  RSVP Volunteer Coordinator @ SC, 11:30-	26 Tai Chi Ch'uan @ SC New Students 10-10:30 Practice 10:30-11:15
29 Lifelong Employment @ SC, call for appt. (973) 263-7043  FREE Hearing Screening @ ML, 6-8 PM	30 Gentle Yoga for Seniors @ ML, 10-11:00	31 Healthy Bones @ SC, 1-2:30	THE BIG READ 2010 Pick up a copy of <u>The Age of Innocence</u> at the Main Library or at the Parsippany LIVE office after March 15th Book discussion to be held in April	