

**PARSIPPANY COMMUNITY CENTER
MONTHLY CALENDAR**

1130 KNOLL ROAD, LAKE HIAWATHA, NJ * PHONE: 973-263-7351

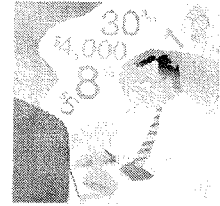
MARCH 2010

Mon	Tue	Wed	Thu	Fri
1 GOLDEN AGE, RM. A 10AM~ CONV. ENG. D.S. CONF. ROOM	2 PARSIP. SRS., RM. A TAXES, RM. B	3 LK. HIAWATHA, RM. A; 10AM ~ CONV. ENG.; D.S. CONF. ROOM	4 BINGO, 1PM, RM. B	5 ST. CHRISTOPHER EXP. CLUB, RM. A
8 FRIENDSHIP CLUB, RM. B; 10AM~CONV. ENG. D.S. CONF. ROOM	9 TAXES, RM. A; BRIDGE / BINGO, 1PM, RM. B	10 ST. ANN'S, RM. A; 10AM ~ CONV. ENG., H1N1 FLU CLINIC, 5-8PM	11 BINGO, 1PM, RM. B	12 ST. CHRISTOPHER EXP. CLUB, RM. A
15 GOLDEN AGE, RM. A 10AM~CONV. ENG. D.S. CONF. ROOM	16 PARSIP. SRS., RM. A TAXES, RM. B	17 LK. HIAWATHA, RM. A; 10AM, CONV. ENG., D.S. CONF. ROOM	18 BINGO, 1PM, RM. B	19 HEARING AID CLINIC 9:30AM - 12:00PM BY APPT. ONLY
22 FRIENDSHIP CLUB, RM. B; 10AM~CONV. ENG. D.S. CONF. ROOM	23 TAXES, RM. A BRIDGE / BINGO, 1PM, RM. B	24 ST. ANN'S SOCIAL SRS., RM. A; 10AM~ CONV. ENG., D.S. CONF. RM.	25 BINGO, 1PM, RM. B	26 ST. CHRISTOPHER EXP. CLUB, RM. A
29	30 TAXES, RM. A BRIDGE/BINGO 1PM, RM. B	31 H1N1 FLU CLINIC 5PM - 8PM		

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TAX ASSISTANCE FOR SENIORS



FREE TAX ASSISTANCE WILL BE AVAILABLE TO ALL PARSIPPANY SENIOR CITIZENS AND LOW INCOME OR DISABLED PERSONS BY EXPERIENCED AND TRAINED AARP-IRS TAX AIDES. SESSIONS WILL CONTINUE EVERY TUESDAY MORNING THROUGH APRIL 13TH. APPOINTMENTS ARE AT 8:30AM, 9:30AM, 10:30AM & 11:15AM. CALL LYNNE OR COLLEEN FOR AN APPOINTMENT AT (973) 263-7351 OR 7352.



H1N1 FLU CLINIC

NOW AVAILABLE FOR
NJ RESIDENTS OF ALL AGES.
MARCH 10TH & 31ST
5PM - 8PM
~FREE~



THE BOOK NOOK

A USED BOOK STORE, OPERATED BY THE FRIENDS OF THE PARSIPPANY LIBRARY. NOW LOCATED IN THE LOWER LEVEL OF THE COMMUNITY CENTER, IT IS OPEN FROM 11AM-4:30PM TUESDAYS, WEDNESDAYS & THURSDAYS. RECYCLE! BUY A USED BOOK & SUPPORT YOUR PUBLIC LIBRARY.

AND

WII GAME SYSTEM

PLAY VIRTUAL BOWLING, TENNIS, GOLF, BASEBALL & BOXING. GREAT EXERCISE AND A LOT OF FUN!
LOCATED IN THE DOWNSTAIRS CONFERENCE ROOM.
SIGN-UP FOR A SESSION WITH LYNNE OR COLLEEN
IN THE OFFICE OF AGING.



SENIOR ACTIVITIES:

EXERCISE ROOM: The exercise room is open to all Parsippany Seniors free of charge! We have treadmills, bicycles and steppers. A physician's release form and waiver must be completed in order to use the equipment. The exercise room is open Monday-Friday, 9:30am to 4:00pm. See Lynne or Colleen for release forms.

EXERCISE CLASSES: Fun classes to improve your overall fitness and well-being. Excellent programs for anyone wanting to get back into shape, improve your strength, flexibility and balance. Classes include: Senior Fitness, Yoga Stretch & Strength, Sit To Be Fit and Yoga (see exercise schedule). Comfortable clothing and sneakers with good support a must. for Senior Fitness; socks or barefoot acceptable for Yoga. Certified Instructor: Susanne Doerig. Fee: \$3.

FALUN GONG (DAFA): Easy to learn series of exercises to relieve stress & anxiety, increases energy & vitality, improves physical health, and promotes spiritual growth. Volunteer Instructor: Quan Chen. Free.

LINE DANCING: Mondays, 1:30pm - 2:30pm in the Dance Studio. Instructors: Joyce (973)403-3332 or Phyllis (973)335-7571. Fee: \$2.

T'AI CHI CHUAN: Fridays, 10am - 11am. FREE. Centuries old Chinese discipline for health, relaxation, balance, flexibility, strength, circulation, coordination and meditation. To register or for more information, contact Richard Wang at (973)257-1257 or rjcdk@verizon.net

BOOK NOOK: This used book store, operated by the Friends of the Parsippany Library is now open to the public on Tuesday, Wednesday & Thursday, 11am - 4:30pm. Recycle! Buy a used book and support the public library. Located downstairs, nextdoor to ping pong.

ADVANCED CONVERSATIONAL ENGLISH: Monday and Wednesday, 10am - 11am in downstairs Conference Room with instructor, Ann Fong.

BRIDGE: Intermediate and advanced groups meet every Tuesday at 1pm.

READING / GAME ROOM: Open Monday through Friday, 9am to 5pm. We stock a wide variety of books, fiction and non-fiction, hard-cover & paperbacks; puzzles, games and cards.

S.H.I.P. (STATE HEALTH INSURANCE PROGRAM): Assistance with health insurance to supplement Medicare and Medicare Part D - RX plans is available most Tuesday afternoons from 2:30pm to 5pm by appointment only. Call 973-263-7351 or 7352 for an appointment to see Bob Sigmann.

HEARING AID CLINIC: Offered FREE monthly to all Parsippany Seniors by Audibel Hearing Care Center. Free hearing evaluation, cleaning of hearing aid, minor repair of all makes and models. Appointments may be made for the 3rd Friday of each month, 9:30am - 12pm.

PARSIPPANY NUTRITION SITE: Located in the lower level of the Parsippany Community Center. A hot nutritious meal is served Monday through Friday, 11:00am - 1:00pm. For reservations call: Joanne Shanley, Site Manager at (973) 884-1868. \$2 donation.

HINI FLU CLINIC: Wednesday, March 10th & Wednesday, March 31st., 5pm- 8pm. Available for New Jersey residents of all ages. FREE.