


PARSIPPANY COMMUNITY CENTER MONTHLY CALENDAR

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

JULY 2010

Mon	Tue	Wed	Thu	Fri
			1 BINGO, 1PM, RM. B	2 ST. CHRISTOPHER EXP. CLUB, RM. A
5  CENTER CLOSED	6 PARSIP. SRS., RM. A BRIDGE / BINGO 1PM, RM. B	7 LK. HIAWATHA SRS., RM. A H1N1 FLU CLINIC, 5-8PM	8 BINGO, 1PM, RM. B	9 ST. CHRISTOPHER EXP. CLUB, RM. A
12 GOLDEN AGE, RM. A FRIENDSHIP CLUB, RM. B	13 BRIDGE / BINGO 1PM, RM. B	14 ST. ANN'S SOCIAL SRS., RM. A	15 BINGO, 1PM, RM. B	16 HEARING AID CLINIC, 10AM-12PM BY APPT. ONLY
19 GOLDEN AGE, RM. A	20 PARSIP. SRS., RM. A BRIDGE / BINGO, 1PM, RM. B	21 LK. HIAWATHA SRS., RM. A H1N1 FLU CLINIC, 5-8PM	22 BINGO, 1PM, RM. B SUMMER CONCERT AND BBQ, 5PM	23 ST. CHRISTOPHER EXP. CLUB, RM. B
26 FRIENDSHIP CLUB, RM. B	27 BRIDGE / BINGO 1PM, RM. B	28 ST. ANN'S SOCIAL SRS., RM. A	29 BINGO, 1PM, RM. B	30

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July 7th & 21st
5pm - 8pm

**H1N1
FLU CLINIC**
AVAILABLE FOR
NJ RESIDENTS OF ALL AGES.
~FREE~

LAST
CLINICS!



2010 Summer Concert Series:

Thursday, July 22nd
The Duprees

Sponsored by
GlaxoSmithKline

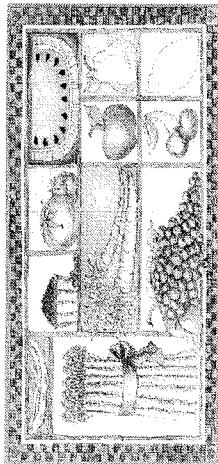
One of the all time favorite golden oldies groups. Known all over the world for their romantic interpretation of some of the most beautiful love songs of the 50's: "You Belong To Me", "As Time Goes By", "My Own True Love", "Have You Heard"



Bring lawn chairs
& blankets

On July 22nd there will be a
Summertime Barbeque at 5:00pm
before the concert, sponsored by
Shop Rite of Parsippany.
All proceeds to benefit the
Parsippany PAL.

All concerts
7:30pm - 9:00pm
at
Veteran's Memorial Park
Rt. 46, Parsippany, NJ



Farmers Market

Sponsored by the Township of Parsippany-Troy Hills
and

Mayor James R. Barberio

FRIDAYS

1:30PM - 6:30PM

Located in the Town Hall Parking Lot
1001 Parsippany Blvd.
Now thru September 24th

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, 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.

BALLROOM DANCING: Thursdays, 1:30pm - 2:30pm in the Dance Studio. Bing & Lucy love to share their dance knowledge with those who would like to learn ballroom dancing! They have been taking private lessons for 10 years at Rogers Dancesport Center. The class is FREE! Please wear shoes that glide easily, no sneakers!

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 rjjcdk@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, next door to ping pong room.

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, 10am - 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.

CENTER CLOSED: Center closed on Monday, July 5, 2010 for the Fourth of July holiday.