

PARSIPPANY COMMUNITY CENTER

MONTHLY CALENDAR

1730 KNOLL ROAD LAKE HAWATHA, NJ

PHONE: 973-263-7351

OCTOBER 2011

Mon

Tue

Wed

Thu

Fri

3 GOLDEN AGE, RM. A CONV. ENG., 10AM D.S. CONF. ROOM	4 PARSIP. SRS., RM. A BRIDGE / BINGO 1PM, RM. B	5 LK. HAWATHA, RM. A CONV. ENG., 10AM D.S. CONF. ROOM	6 BINGO 1PM, RM. B	7 ST. CHRISTOPHER EXP. CLUB, RM. A
10 CENTER CLOSED <i>Columbus Day!</i>	11 BRIDGE / BINGO 1PM, RM. B	12 ST. ANNS, RM. A CONV. ENG., 10AM D.S. CONF. ROOM	13 BINGO 1PM, RM. B	14 ST. CHRISTOPHER EXP. CLUB, RM. A
17 GOLDEN AGE, RM. A CONV. ENG., 10AM D.S. CONF. ROOM	18 PARSIP. SRS., RM. A BRIDGE / BINGO 1PM, RM. B	19 LK. HAWATHA, RM. A CONV. ENG., 10AM D.S. CONF. ROOM	20 BINGO 1PM, RM. B	21 Flu & Pneumonia Clinic, 9am-12pm
24 FRIENDSHIP CLUB, RM. B; CONV. ENG., 10AM D.S. CONF. ROOM	25 BRIDGE / BINGO 1PM, RM. B	26 ST. ANNS, RM. A CONV. ENG., 10AM D.S. CONF. ROOM	27 BINGO 1PM, RM. B	28 ST. CHRISTOPHER EXP. CLUB, RM. A
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PARSIPPANY COMMUNITY CENTER

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



**CENTER
CLOSED**

**On Monday,
October 10th for
COLUMBUS DAY**

Flu & Pneumonia Clinic

PARSIPPANY SENIORS

(65 YEARS OR OLDER)

INFLUENZA IMMUNIZATION

(limited amount of Flu Vaccine available)

PNEUMONIA IMMUNIZATION

(for Seniors never vaccinated for Pneumonia)

Friday, October 21, 2011

9:00am to 12:00pm

\$10.00 Fee for Flu Shot

\$15.00 Fee for Pneumonia Shot

Or

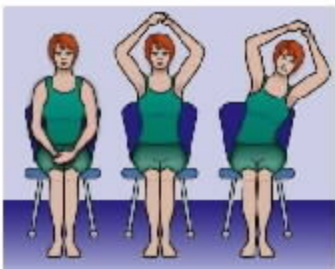
FREE WITH MEDICARE PART B

(MUST BRING CARD)

HMO NOT ACCEPTED



SIT AND BE FIT



**FREE to all
Parsippány Senior
Residents!**

All exercises are done
while you are seated in
a chair!

**Thursdays,
10:45am - 11:45am**

If you always wanted to attend an
Aerobics class, but were unable
to because of balance, hip, back
or knee problems ~ this is the
class for you!

Taught and Sponsored by
Susanne Doerig
(Must be a Parsippány resident)

SENIOR ACTIVITIES:

EXERCISE ROOM: The exercise room is open to all Parsippány 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, Yoga, and Sit & Be Fit. Comfortable clothing and sneakers with good support a must, for Senior Fitness; socks or barefoot acceptable for Yoga. Certified Instructor: Susanne Doerig. Fee: \$3. See exercise schedule at www.parsippány.net.

CONVERSATIONAL ENGLISH: Mondays and Wednesdays, 10am - 11am in the downstairs Conference Room with Instructor Ann Fong.

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.

HEALTHY BONES: Wednesdays, 1:00 - 2:30pm. Low impact exercise program, designed for both women and men who have been diagnosed with or are at risk for osteoporosis. There is a registration fee for each series. Contact Stan Gabay at 973-784-4900 x 102 at RSVP.

LINE DANCING: Mondays, 1:30pm - 2:30pm; and 2:45pm - 3:45pm for beginners; in the downstairs Dance Studio. Instructors: Joyce (973) 403-3332. Fee: \$2. See exercise schedule.

T'AI CHI CHUAN: FREE. Fridays, 10am - 11am. Centuries old Chinese discipline for health, relaxation, balance, flexibility, strength, circulation, coordination and meditation. Volunteer Instructor: Richard Wang.

WALKING CLUB: FREE for all Parsippány residents at the Police Athletic League at 11am on Thursdays. Take a brisk walk without ever leaving the building. NEW WALKERS ALWAYS WELCOME. Contact Stan Gabay at 973-784-4900 x 102 at RSVP.

BOOK NOOK: This used book store, operated by the Friends of the Parsippány Library is 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: We stock a wide variety of books, fiction and non-fiction, hard-cover & paperbacks and magazines, 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.

PARSIPPANY NUTRITION SITE: Located in the lower level of the Parsippány 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. See Midday Friendship Menu and Activities Schedule at www.parsippány.net.

FLU & PNEUMONIA CLINIC: Friday, October 21, 2011, 9am - 12pm. Free with Medicare Part B.