

# PARSIPPANY COMMUNITY CENTER

## MONTHLY CALENDAR

### FEBRUARY 2012


Mon

Tue

Wed

Thu

Fri

		1	2	3
			BINGO 1PM, RM. B	ST. CHRISTOPHER EXP. CLUB, RM. A
6	7	8	9	10
GOLDEN AGE, RM. A 10AM-CONV. ENGLISH D.S. CONF. ROOM	PARSIP. SRS, RM. A; TAXES, RM. B NO BINGO TODAY	ST. ANN'S, RM. A; 10AM-CONV. ENG, D.S. CONF. RM.	BINGO 1PM, RM. B	ST. CHRISTOPHER EXP. CLUB, RM. A
13	14	15	16	17
	TAXES, RM. A BRIDGE / BINGO 1PM, RM. B		BINGO 1PM, RM. B	
20	21	22	23	24
 CENTER CLOSED PRESIDENT'S DAY	PARSIP. SRS., RM. A; TAXES, RM. B NO BINGO TODAY	ST. ANN'S, RM. A 10AM ~ CONV. ENG, D.S. CONF. ROOM	BINGO 1PM, RM. B	ST. CHRISTOPHER EXP. CLUB, RM. A
27	28	29		
GOLDEN AGE, RM. A 10AM - CONV. ENGLISH D.S. CONF. ROOM	TAXES, RM. A BRIDGE / BINGO 1PM, RM. B			

# PARSIPPANY COMMUNITY CENTER

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



**CENTER CLOSED:**

**Monday, February 20, 2012  
for President's Day**



## TAX ASSISTANCE FOR SENIORS

FREE Tax Assistance is available again for all Parsippany Senior Citizens, low income and disabled persons by experienced and trained AARP-IRS Tax Aides. Sessions begin on Tuesday, Feb. 7th and continue every Tuesday through April 17th. Appointments are at 9:00am, 9:45am, 10:30am and 11:15am. Call Lynne or Colleen for an appointment at (973) 263-7351 or 7352.

## SIT AND BE FIT



*Is back!*

**FREE to all  
Parsippany Senior  
Residents!**

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

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

Taught and Sponsored by  
Susanne Doerig

**(Must be a Parsippany resident)**

## 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, 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.parsippany.net](http://www.parsippany.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. Instructor: 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. Yang Style, 24 postures. Volunteer Instructor: Richard Hsu.

**WALKING CLUB:** FREE for all Parsippany 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 Parsippany 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.

**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. See Midday Friendship Menu and Activities Schedule at [www.parsippany.net](http://www.parsippany.net).

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