

PARSIPPANY COMMUNITY CENTER
MONTHLY CALENDAR
 1130 KNOLL ROAD, LAKE HIAWATHA, NJ PHONE: 973-263-7351
SEPTEMBER 2010

Mon	Tue	Wed	Thu	Fri
		1 LK. HIAWATHA SRS., RM. A	2 BINGO, 1PM, RM. B	3 ST. CHRISTOPHER EXP. CLUB, RM. A
6 CENTER CLOSED LABOR DAY	7 PARSIP. SRS., RM. A BRIDGE / BINGO 1PM, RM. B	8 ST. ANN'S SOCIAL SRS., RM. A	9 BINGO, 1PM, RM. B	10 ST. CHRISTOPHER EXP. CLUB, RM. A
13 GOLDEN AGE, RM. A FRIENDSHIP CLUB, RM. B	14 BRIDGE / BINGO 1PM, RM. B	15 LK. HIAWATHA SRS., RM. A	16 BINGO, 1PM, RM. B	17
20 GOLDEN AGE, RM. A	21 PARSIP. SRS. TRIP BRIDGE / BINGO, 1PM, RM. B	22 ST. ANN'S SOCIAL SRS., RM. A	23 BINGO, 1PM, RM. B	24 ST. CHRISTOPHER EXP. CLUB, RM. A
27 FRIENDSHIP CLUB, RM. B	28 BRIDGE / BINGO 1PM, RM. B	29	30 BINGO, 1PM, RM. B	

PARSIPPANY COMMUNITY CENTER

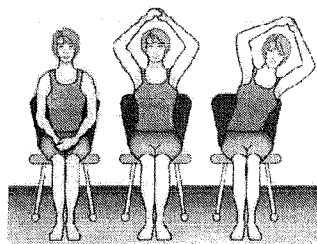
1130 KNOLL ROAD, LAKE HIAWATHA, NJ * PHONE: 973-263-7351

SIT AND BE FIT

Sponsored by:

GlaxoSmithKline

FREE to all Parsippany Senior Residents!



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. A fun class with great music - all exercises done in chairs. The exercises will increase your heart rate, increase your strength and improve your well being. Class consists of warm-up exercises, active aerobics, some weight and toning and a cool down.

All done while you are seated!

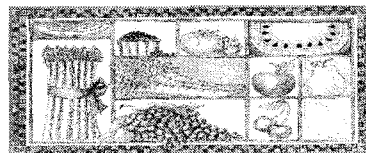
Starting September 7th through December 16th
Every Tuesday and Thursday, 11:00am

Lower Level of the
Parsippany Community Center
1130 Knoll Road, Lake Hiawatha

**New
Class!**

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.
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, 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.

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.

SENIOR FARMER'S MARKET NUTRITION PROGRAM: To be eligible for the \$20's in vouchers to spend at participating Farmer's Markets, you must be at least 60 years of age, have maximum income of \$20,036 if you are single, or maximum of \$26,995 per couple. You must provide proof of residency and proof of income. Applications are at the Parsippany Office On Aging, 1130 Knoll Rd., Lk. Hiawatha. For information call: (973)263-7351