

## IMPORTANT PHONE NUMBERS

### EMERGENCY 911

Senior Center	201-599-7565
County Bus	201-368-5955
Boro Bus	201-967-5044
Meals on Wheels	201-336-7420
BC Senior Services	201-336-7400
SHIP (Medicare Help)	201-336-7413

### SENIOR CENTER STAFF

Director:	Lynn Sullivan
Program Staff:	Carol Ferrari
Office Staff:	Joan Russo
Kitchen Staff:	Dinora Izquierdo

**\*\*\*NOTE\*\*\* We are starting a new Zumba class with Saloney at 12:15 on Tuesdays beginning Jan.15 \*\*\***

We would like to thank each and every one of you who give your time, generosity, and or monetary contributions to our center. Thank You to our Senior Advisory Board, Table to Table, and Shop Rite for donations to our Saturday morning breakfast. A Special Thanks to Bergen County Division of Senior Services for Sponsoring our Saturday Morning Wellness Program.



YOU CAN FIND US AT [WWW.NEWMILFORDBORO.COM](http://WWW.NEWMILFORDBORO.COM) or  
Follow us on FACEBOOK

NEW MILFORD SENIOR ACTIVITY CENTER  
275 River Road New Milford, NJ 07646  
201-599-7565

January 2019-Happy New Year !



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--We are Closed Tuesday Jan.1--

-- We are also closed Sat.& Mon.Jan.19 & 21 for the MLK,Jr.Holiday

Tues. Jan. 2-12:00-Tai Chi & Pot Luck Gathering

Tues. Jan. 8-10:00- "How's Your Back?" Madison Spine & Physical Therapy

Wed. Jan. 9-10:30- Senior Tech Academy with Ross

Tues. Jan 15-10:30- What is a Hernia? New Bridge Medical Center

Tues. Jan 15-1:30- Painting Class with Deidre Molloy Begins

Tues. Jan.22-10:00-All about Alzheimer's by ACT NOW Foundation

Wed. Jan.23. 10:30- Cerebral Gymnastics with Simie Weinberger

Tues. Jan. 29-10:00-New Year, New You by Keller Williams

Wed. Jan. 30-10:15- Golden Key- Photo ID for Seniors will be given by the Bergen County Clerk's Office

Wed, Jan.31-Registration Renewal Day-PRIZES AWARDED!

