

**IMPORTANT PHONE NUMBERS**

**EMERGENCY 911**

Senior Center	201-599-7565
County Bus	201-368-5955
Boro Bus	201-967-5044
Meals on Wheels	201-336-7433
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

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)

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

**March 2019**  
**National Nutrition Month**



Tuesdays March 5 & 26 -10:30- "Computer workshop with Ross.

\*Tues. March 12- 12:15-1:15 St. Patrick's Luncheon at NM High School  
\*Sign up in Office- limited to 25.

Wed. March 13-10:30 Cerebral Gymnastics with Simie Weinberger

\*Fri. March 15- St. Patrick's Day Celebration. Irish Dance Performance.  
Lunchtime Musical Entertainment with Frank. Corned Beef and Cabbage Lunch!  
Suggested Donation \$2.00. \* Sign up in Office

Tues. March 19-10:00-Funeral Pre-Planning by Gutterman-Becker Funeral Home

Wed. March 20- 12:00- "Zumatra" with Joyce- Fun cardio dance class!

Sat. March 23- 11:00- Understanding your Smartphone with Sandy Jacobs

Fri. March 29- MahJong Mania Day! - 10:00 Instruction, 12:30 Games Begin

... PLEASE NOTE SOME EXERCISE/PROGRAM CHANGES FOR MARCH...

