

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

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 and Nutrition Program.



YOU CAN FIND US AT WWW.NEWMILFORDBORO.COM or
Follow us on FACEBOOK

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

February 2019



We will be closed Sat.Feb.16 & Mon.Feb.18 for the Presidents' Day
Holiday

****NOTE: NEW AEROBICS CLASS WITH LYNN-THURSDAYS 12:15**

Tues. Feb.5-10:15-Home Care Trends by Jenny

Fri. Feb.8- Chinese New Year Celebration 10am!

Mon. Feb.11-10:30-Eating Right for Older Adults-Marianne Broadwell, RD

Tues. Feb 12-10:00-Sweets and Treats and Trivia given by County Manor

Wed. Feb.13 & Tues. Feb.26 10:30 Senior Tech. with Ross

Wed. Feb 20-10:30 Cerebral Gymnastics with Simi Weinberger

American Heart Month show your support on National Wear Red Day-Feb.1



*Take Care
of your Heart!
February is
Heart Health
Month!*

