

Social Service Coordinator
Resource Services available
every Wednesday
1:00pm –2:00pm
(732) 403-5776
theseniorspace@gmail.com



**February 2020
&
March 2020**



United Methodist Communities

SENIOR SPACE

A collaboration of PineRidge of Montclair,
AngelaCARES, Inc. & the Montclair Public Library

A place for Older Adults to Live, Learn & Grow

Wednesdays ONLY, 10am – 2pm

Montclair Public Library

50 South Fullerton Avenue, Montclair, NJ 07042

Social Service Resources include: Nutrition/Food, Transportation- Access Link, Medicare/ Medicaid/Entitlements, Financial Assistance, “Shut-In” Support or Monitoring, Hospital/Rehab. follow up, Senior Gold/PAAD, Educational/Intellectual and Vocational Interests, Adult Day Care, Fitness/Exercise, Volunteerism, Heating/ Cooling Bill Assistance, Physician Find... and more.



AngelaCARES, Inc.

Wednesday **February 5**

10:00 Welcome, Coffee (Senior Space)
10:00 - 10:30 Let's Talk About Black History
10:30 - 11:45 **Chair Zumba**, Rande, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Beverley Campbell from 2nd Home Adult Day Care (Senior Space)
1:00 Social Service Resources

Wednesday **February 12**

10:00 Welcome, Coffee (Senior Space)
10:00 - 11:00 Jewelry Making w/ Kim Todd
10:30 - 11:45 **Yoga**, Maggie, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources



Wednesday **February 19**

10:00 Welcome, Coffee (Senior Space)
10:00 - 11:00 Heart Healthy Discussion
10:30 - 11:45 **Chair Zumba**, Rande, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources

Wednesday **February 26**

10:00 Welcome, Coffee (Senior Space)
10:00 - 11:00 Dominos
10:30 - 11:45 **Yoga**, Maggie, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources



Wednesday March 4

10:00 Welcome, Coffee (Senior Space)
10:00 - 11:00 Sugar Scrub w/ Kim Todd
10:30 - 11:45 **Chair Zumba**, Rande, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources

Wednesday March 11

10:00 Welcome, Coffee (Senior Space)
10:15 - 11:15 Women's Month Discussion
10:30 - 11:45 **Yoga**, Maggie, (auditorium))
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources

Wednesday March 18

10:00 Welcome, Coffee (Senior Space)
10:00 - 11:00 Dominos
10:30 - 11:45 **Chair Zumba**, Rande, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources

Wednesday March 25

10:00 Welcome, Coffee (Senior Space)
10:15 - 11:00 Senior Freeze Workshop w/Tonya Keyes, SPES
10:30 - 11:45 **Yoga**, Maggie, (auditorium)
12:00 - 1:00 **Mindful Breathe**, Fred, (auditorium)
1:00 Social Service Resources

