

Schedule of Events

Liliana at 973-535-7925 ext, 260

email lbranquinho@Livingstonnj.org



October 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1st Old Guard meeting—no meeting today.

2nd Trip to Casa Bianca. Full. Depart LSCC at 10:15am. Return around 4pm.

3rd-6th UNICO Carnival at the Livingston Circle, 290 W. Mt. Pleasant Avenue. Thr. & Fri.-6-10pm, Sat. 2-10pm and Sun. 1-6pm.

4th AARP Chapter #3663 monthly meeting 12pm. Must be a member. To become a member call 973-887-1285.

4th Health Expo 10:30am-12:30pm at the LSCC lower level lobby. Health information, screenings and giveaways. For more information contact the Health Dept. Nurse Division 973-535-7961 ext. 227 or 228.

- 5th** Cutting the Cord—technology class 1-3pm presented by Mike Skara President of Computer Training Service. R: \$17, NR: \$21.10
- 8th** Old Guard meeting Pizza Party—members only.
- 9th** Blood Pressure screening 10am-12pm by appointment. Call 973-535-7961 ext. 227, 228 or 243.
- 10th** Part I “Confused About CBD? What is CBD Oil? Presented by Saint Barnabas Medical Center Clinical Pharmacist, Lucio Volino. Part II will be presented on 10/17. Free, pre-reg. req. at SYLS 973-535-7925, press 8 or online livingstonnj.org/syls
- 10th** Positive Psychology series at Arbor Terrace Roseland on 345 Eagle Rock Ave. in Roseland—“Re-train Your Brain for Success and Happiness” 2pm . All are welcome.
- 11th** **Autumn Celebration 12:30pm coffee and dessert will be served. Entertainment with Randi Accardi at 1pm. Free. Pre-registration is required at SYLS office or online.**
- 11th** Autumn Walking club 10 –11am at South Mountain Recreation Reservoir (9 Cherry Lane, West Orange). Group will meet in the parking lot at McLoone’s Boathouse. Pre-reg., req. with Health Educator, Jessica Kelly 973-535-7961 ext. 227 or email jekelly@livingstonnj.org. Group will meet every Friday through 11/15.
- 15th** Old Guard meeting opens to the public at 10:45am. Guest speakers Livingston Board of Education Candidates.
- 15th** Living with Arthritis- Presentation by Summit Medical Group 1pm. For more information contact the Health Dept. Nurse Division 973-535-7961 ext. 227 or 228.
- 15th** Remember When Club at the LSCC, 1-3pm. Come make new friends. All are welcome. Free. The club meets on the third Tuesday of the month. Facilitated by volunteer Livingston resident Elaine Meltzer.
- 15th** Senior Knitting Group meets at 1-3pm. Join others making a variety of pieces for local charity organizations.
- 16th** Women’s Club of Livingston meeting, 4pm at Nero’s Grille \$20 per person. RSVP by 10/4. All are welcome members and non-members. Send check to Pauline Pocher 11 Concord Dr. in Livingston, NJ 07039.
- 16th** Trip to Sands Casino. Contact Sandi at Cedar Street Commons for information 973-535-1980 ext. 11.
- 17th** Trip to Paper Mill Playhouse featured play “Chasing Rainbows” \$60 per person. Contact Sandi at Cedar Street Commons 973-535-1980 ext. 11.

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17th Part II of Confused About CBD-What are The Benefits of CBD? Presented by Saint Barnabas Medical Center Clinical Pharmacist, Lucio Volino. Part II will be presented on 10/17. Free, pre-reg. req. at SYLS 973-535-7925, press 8 or online Livingstonnj.org/syls.

18th Senior Happening at the public Library “The Grace Garland Trio” Coffee and dessert served by the Friends of the Library volunteers.

18th Keeping Up With Technology with the LHS Volunteers Techie Teen Tutors at 3pm in the Public Library Program Room. One on one tutoring. Bring your own iPhone, iPad or other smart devices. First come first serve.

22nd Take Control & Choose Happiness Series with Positive Psychologist, Diane Lang “Healthy Relationships with Your Adult Kids”, 1pm. Free however pre-reg. req. at SYLS 973-535-7925, press 8 or online Livingstonnj.org/syls. Light refreshments provided. Sponsored by Arbor Terrace Roseland and Morris Plains. 2

22nd Public Library presents “Pinterest Inspired Adult Crafting: Mason Jar Luminary, I am. Call the Library 973-992-4600.

22nd Old Guard meeting open to the public at 10:45am. Guest and Old Guard member, Steve Schiller—Song Fest..

22nd Poetry Aficionados meet at LSCC on the fourth Tuesday of the month, 2-3pm. Bring your favorite poems to share and discuss with the group.

23rd The Livingston League of Women Voters will hold a Livingston Town Council Candidates Debate, 8:00 -10:00 p.m., at the LSCC. All are welcome.

23rd Blood Pressure screening 10am-12pm by appointment. Call 973-535-7961 ext. 227, 228.

24th “Will You Be Eligible For Medicare This Year” 7-8:30pm. Presented by SHIP(State Health Insurance Program). Free. Pre-reg. req. at SYLS 973-535-7925, press 8 or online Livingstonnj.org/syls or email lbranquinho@livingstonnj.org

24th Nutrition tabling event “Gluten Free Foods” with new ShopRite registered dietitian, Lena Mattero. 10am-12pm in the Senior/Community Center lower level lobby.

24th Trip to Resorts Casino in Atlantic City. Cost \$25, receive \$25 for slot play, receive \$5 for food. Snacks and drinks on the bus. Bus leaves at 10am from LSCC. Contact George Gerges 973-535-9022.

25th AARP Smart Driving class 9am-3pm. Lunch break 12-12:30pm (bring your own lunch). AARP Members: \$15, Non-Members: \$20.

29th Old Guard meeting open to the public after 10:45am. Guest speakers—Livingston Town Council candidates.

30th Cooking Demonstration—Cooking Tips for One or Two with Lena Mattero Registered Dietitian from ShopRite of Livingston. 10am-12pm. Free, pre-reg. req. at SYLS 973-535-7925, press 8 or online Livingstonnj.org/syls

30th “Ask The Attorney-Important Legal Documents & How to Pay for Long-Term Care” with Laurie A. Hauptman, Esq. Elder, Estate Planning Attorney Care Special Presentation. Free, pre-reg. req. at SYLS 973-535-7925, press 8 or online Livingstonnj.org/syls