

# FOREVER YOUNG

Please join us in a FOREVER YOUNG group focusing on wellness for older adults. Aging doesn't have to be filled with loneliness, aches, pains, boredom, and sadness. Let's come together and navigate today's world, family dynamics, make new connections, find new hobbies, have fun, and improve mental, physical, social, and emotional health! (55 years old +)

**You don't stop having fun  
when you get old...  
You get old  
when you stop having fun**



- Weekly Coffee/ Tea
- Games
- Light exercise
- Healthy aging
- Nutrition
- Community resources
- Self-care
- Navigating technology
- Music
- Hobbies
- Social life
- ...and much more!

**"You're never too old for anything" – Betty White**



**Wrinkles should  
merely indicate  
where smiles  
have been.**

**– Mark Twain**



**Richard Hall Community Health and Wellness Center**  
500 N Bridge Street, Bridgewater, NJ

**Every Thursday 10:30am – 11:30am in Multipurpose Room**

To join, please contact Marta Pisano at 908-253-3105

**PLEASE NOTE: If you are not a Richard Hall consumer, please call 908-253-3165 to register**