

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