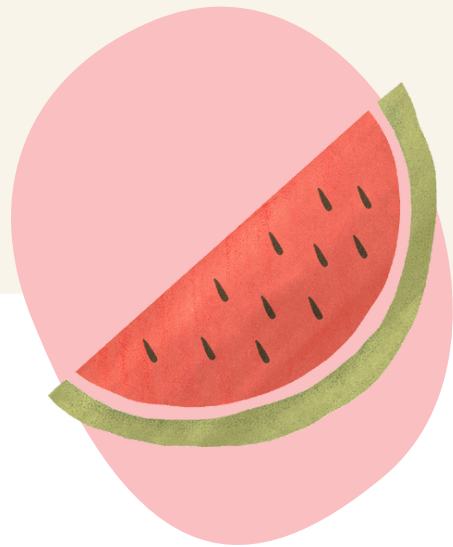


Senior Van services

Hillsdale and Woodcliff Lake
services

Call 201-391-4977 X200 for
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TUESDAY FOOD SHOPPING

SHOPRITE
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KINGS
FRESH GROCER
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TRADERS JOES
WEGMANS
FRESH MARKET



WEDNESDAY DOCTOR /PHARMACY

DOCTOR
APPOINTMENTS
LOCAL PHARMACY
AND
2ND WEDNESDAY
OF THE MONTH
PARAMUS PARK

3RD WEDNESDAY
OF THE MONTH
HILLSDALE SENIOR
LUNCHEON



THURSDAY SENIOR MEETING AND LOCAL ERRANDS

SENIOR
MEETINGS
AND
LOCAL ERRANDS