



CANASTA CARD PLAYERS

Sponsored by West Milford Community Services and Recreation

When it comes to keeping your mind engaged and getting some social interaction to boot, nothing fills the bill like card games. A game of cards is a way of entertaining yourself in a group and it is one of the most popular indoor activities adults play. There are many health benefits as well: Relieves stress, improves memory function, as well as enhances motor skills.

Where: West Milford Recreation Center

When: Every Wednesday—Start date is October 18th, 2023

Time: 1:00 PM

There is no cost for this program. Registration is required.

Go online to www.westmilford.org. Click on Community Services & Recreation, then “**REGISTER HERE FOR PROGRAMS**”. Once you are in Community Pass look for “2023 SENIOR PROGRAMS”.

