

# Pinochle Game

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 Pinochle is a way of entertaining yourself in a group and it is a great indoor activity adult's play.

Here are a few health benefits:

- \* Relieves stress
- \* Improves memory function
- \* Enhances motor skills.
- \* Socialization with a group of friends

**Where:** West Milford Recreation Center

**When:** Every Monday when the Recreation Center is open

**Time:** 10:30AM – 12:30PM

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

- 1. Register online at [www.westmilford.org](http://www.westmilford.org), on left hand side, click Community Services & Recreation, then click on register here for programs. Look under 2025 Senior Programs**
- 2. Register at the West Milford Recreation Center, 66 Cahill Cross Rd., during regular business hours, M-F, 8:30 am – 4:30 pm**
- 3. Call the Recreation Office at 973-728-2871.**



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