

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., on left hand side, click Community Services & Recreation, then click on register here for programs. Look under 2023 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.

