

# June Senior Citizen Programs

Register for all programs and trips at Bloomfield Civic Center, Monday to Friday, 8:30 a.m. to 4:30 p.m., or Wednesdays from 6-8:30 p.m. Or register online at [www.bloomfieldrecreation.org](http://www.bloomfieldrecreation.org).

## Dads: This one's for you!

The Bloomfield Recreation Department will host a Father's Day luncheon on Thursday, June 8 from noon to 2:30 p.m. at the Civic Center (for all senior men and women). Members of the Bloomfield Senior Citizen Association attend for free; \$5 for nonmembers. Pre-registration is required; call Bonnie Triola at (973) 743-3332. Transportation will be provided; pick-ups as follows:

- Kinder Towers, 11:30 a.m.
- Troy Towers, 11:45 a.m.
- Felicity Towers, 11:40 a.m.
- Heritage Village, 11:50 a.m.

## What is Pickleball?

Glad you asked. On Tuesday, June 13, come see a demonstration of the new outdoor sport now popular among active adults of all ages. Pickleball combines elements of ping pong, tennis and badminton. It's played indoors or outdoors with a modified tennis net. The demo by certified ambassadors of the USA Pickleball Association will be conducted at the Pulaski Park tennis courts, 24 Mt. Vernon Ave., at 7 p.m. on Tuesday, June 13.

## Senior Fitness Programs (at the Civic Center)

- Tai Chi – Mondays, 11 a.m. to noon. Register starting June 7.
- Senior Exercise – Tuesdays and Thursdays, 10-11 a.m. Register starting June 7.
- Zumba Gold – Wednesdays, 10-11 a.m. Register starting June 7.
- Seniorcise – Monday to Friday, 10:30 a.m. and 3:30 p.m., a new class airs each day. Tune to channel 35; for Verizon Fios, channel 30.

## Shopping Trips to Walmart

### ■ Wednesday, June 14

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

### ■ Wednesday, June 28

Kinder Towers pickup - 9:45 a.m.

Return – noon

## Next Senior Club Meeting – Friday, June 16, at noon, in the Civic Center.

Dues \$20 per year.