

# December Senior Citizen Programs

Register for all programs is 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).

## Senior Fitness Programs (at the Civic Center)

- Tai Chi – Mondays, 11 a.m. to noon.
- Senior Exercise – Tuesdays and Thursdays, 10-11 a.m.
- Zumba Gold – Fridays, 10-11 a.m.
- Seniorcise - Monday to Friday, 10:30 a.m. and 3:30 p.m. A new class airs each day. Tune to channel 35. Or for Verizon Fios, tune to channel 30.

## Shopping Trips to Walmart

■ Wednesday, Dec. 6

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

■ Thursday, Dec. 21

Kinder Towers pickup – 9:45 a.m.

Return – noon

**The Senior Club** is a nonprofit 55+ group that meets on the third Friday of each month at noon (except for January, February, July and August) in the Civic Center, Senior Lunch Room, 84 Broad Street. Gatherings sometimes include, music, guest speakers, discussions, lunches, refreshments. The yearly fee is \$20.