

JUNE 2018

SENIOR PROGRAMS



Bloomfield Recreation Department

84 Broad Street, Bloomfield, NJ 07003

Tel: **973-743-9074** Weather Update: **973-743-7593**

www.bloomfieldrecreation.org

SENIOR CLUB

The Bloomfield Senior Club is a non-profit 55+ group that meets on the third Friday of each month at 12:00pm at the Civic Center. Gatherings sometimes include music, guest speakers, discussions, lunches, refreshments, special events, movies, and more. There is a yearly fee of \$20.00 to join.

You can contact Gabriela Guida at the Recreation Department to register - **973-743-9074**

Friday, June 15th Regular Meeting

Free for members

12pm - 2pm - Civic Center - Basement

Discussion of upcoming events, such as:
senior appreciation dinner, casino trips,
and new recreational programming.
Light refreshments will be served.

Active Living Every Day

11am - 12pm - Bloomfield Civic Center

We're excited to partner with the Bloomfield Health Department to now offer ALED. This a free program that is designed to help you overcome barriers to exercise, and stay active and healthy.

May 1, 8, 15, 22, 29, 31 June 5

SENIOR EXERCISE PROGRAMS

All Classes are \$18 for Senior Club Members | \$20 for Non-Members



SENIOR TAI CHI - \$20

MONDAYS - 11:00am - 12:00pm

Tai chi is a Chinese form of martial arts involving slow, and low-impact movements that are easy for seniors and those with limited mobility.

APRIL 23rd - JUNE 25th



SENIOR EXERCISE - \$20

TUESDAYS & THURSDAYS

10:00am - 11:00am

Senior Exercise is a low-impact class designed especially for seniors to stay active, and get fit at their own pace.

MARCH 27th - MAY 31st



ZUMBA GOLD - \$20

FRIDAYS - 10:00am - 11:00am

Zumba Gold is for active, older adults who are looking for a modified Zumba class that recreates the original moves they love at a lower-intensity.

APRIL 6th - JUNE 8th

