



October Senior Citizen Programs

Trip to the Brownstone in Patterson

Take a bus trip to The Brownstone in Patterson for lunch and music on Wednesday, Oct. 26. Arrive at the Civic Center by 9:30 a.m. to catch the 10 a.m. bus to Patterson. Cost: \$46 for Senior Club members; \$47 for non-members. For information or registration, call Doris Elmer, (973) 748-6323.

'Fraud & Scams' - Senior Club Meeting

Madeline Guzman from the New Jersey Division of Consumer Affairs will be the guest speaker at the Oct. 21 club meeting, starting at noon. She'll speak on "Fraud and Scams" with emphasis on senior citizen scams.

The Senior Club, for age 55 and older, meets the third Friday of each month (except July and August) at the Civic Center, 84 Broad Street. Gatherings may include, music, guest speakers, discussions, lunches, or refreshments. The membership fee is \$12.

Movie and Pizza

Disney's "Hocus Pocus" with Bette Midler will be featured on Thursday, Oct. 27 at the Civic Center. Enjoy pizza at noon and the movie at 12:30 p.m. Transportation will be provided:

- Kinder Towers pickup - 11:30 a.m.
- Felicity pickup - 11:40 a.m.
- Troy pickup - 11:45 a.m.
- Heritage pickup (back parking lot) - 11:50 a.m.
- Drop offs will occur after the movie.

To register, call Bonnie at (973) 743-9074.

Healthy Living Programs

• **Tai Chi**, Mondays, 11 a.m. to noon. Learn a Chinese form of martial arts featuring slow, controlled and low-impact movements that can be easy for seniors, even with limited movement. Pre-registration is required.

• **Senior Exercise**, Tuesdays and Thursdays, 10 to 11 a.m. Slow-paced, low-impact movement, featuring Latin music and dance. No dance experience or partner needed.

• **Zumba Gold**, Wednesdays, 10 to 11 a.m. Pre-registration is required.

• **Seniorcise**, Monday to Friday, 10:30 a.m. and 3:30 a.m., a new class each day. Tune in to channel 35; for Verizon Fios, channel 30.

Shopping Trips to K-Mart (West Orange)

Friday, Oct. 7

Felicity pickup – 9:45 a.m.
Troy pickup – 9:50 a.m.
Heritage Village pickup 9:55 a.m.
Return – noon

Friday, Oct. 28

Kinder Towers pickup - 9:45 a.m.
Return – noon