

November 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.

Let's Get Cooking

Come to a live cooking demo and lunch, then go home with fun, free gifts. In recognition of Diabetes Awareness Month, Clover Care Tour 2017 is hosting a free event featuring a special recipe from local chef Dillon Leigh Peavey. It's all happening at the Civic Center on Wednesday, Nov. 1 from 10:30 to 11:30 a.m. To pre-register, call Bonnie Triola at (973) 743-3332.

Thanksgiving Lunch, Senior Club Meeting

Bloomfield Recreation will host a Thanksgiving lunch for the Senior Association on Friday, Nov. 17 at noon in the Civic Center. Lunch is free to members and \$10 for nonmembers. Pre-register by Nov. 10 at (973) 743-9074; ask for Gabriela or Bonnie.

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

■ Tuesday, Nov. 7

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

■ Thursday, Nov. 30

Kinder Towers pickup – 9:45 a.m.

Return – noon