

# March 2019 SENIOR PROGRAMS

## BLOOMFIELD

Parks • Recreation • Cultural Affairs

84 Broad Street, Bloomfield, NJ 07003

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[www.bloomfieldrecreation.org](http://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, lunches, refreshments, special events, movies and more. There is a yearly fee of \$20 to join.

You can contact Dana Morton at the Recreation Department to register. (973) 743-3332

### Friday, March 15th

#### St. Patrick's Day Luncheon

**FREE for members | \$10 for non-members**

12:00pm - 3:00pm - Civic Center - Basement

Senior Organization members are invited to our annual St. Patrick's Day Luncheon.

This program is free, but pre-registration is required.

Please RSVP to Dana Morton by March 5, 2019.

(973)743-3332 [dmorton@bloomfieldtwpnj.com](mailto:dmorton@bloomfieldtwpnj.com)

### Walmart Trips

The trips are free and open to all seniors.

### Tuesday, March 5th

Felicity Towers - 9:45am

Troy Towers - 9:50am

Heritage Village - 9:55am

Return @ 12:00pm

### Tuesday, March 12th

Kinder Tower - 9:45 am Return @12:00pm

## SENIOR EXERCISE PROGRAMS

ALL classes are \$18 for Senior Club Members | \$20 for non-members.

Winter programs have begun for Senior Exercise and Zumba Gold. Tai Chi will begin January 7, 2019



#### 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.

Mar 4, 11, 18, 25



#### 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.

Mar 5, 7, 12, 14, 19, 21, 26, 28  
Apr 2, 4



#### 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 loves they love at a lower-intensity.

Mar 1, 8, 15, 22, 29

Apr 5, 12

