

# NOVEMBER 2018

## SENIOR PROGRAMS

# BLOOMFIELD

Parks • Recreation • Cultural Affairs

84 Broad Street, Bloomfield, NJ 07003

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

[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, November 16th

#### Senior Thanksgiving Dinner

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

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

Senior Organization members are invited to our annual Thanksgiving Dinner!

This program is free, but pre-registration is required. Please RSVP to Dana Morton by November 1st.

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

### Walmart Trips

The trips are free and open to all seniors.

### Tuesday, November 6th

Felicity Towers - 9:45am

Troy Towers - 9:50am

Heritage Village - 9:55am

Return @ 12:00pm

### Tuesday, November 13th

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

## SENIOR EXERCISE PROGRAMS

ALL classes are \$18 for Senior Club Members | \$20 for non-members. Winter session will resume early November.



### 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.



### 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.



### 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.

