

# FEBRUARY 2020

## 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 Bloomfield Parks - Recreation - Cultural Affairs to register.

(973) 743-3332

### New Program Coming to Day Time. INTRO TO QIGONG - \$20

Mondays 10:00am - 11:00am

Qigong is used to reduce stress, increase vitality and prolong life.

Feb. 3, 10, 24 Mar. 9, 16, 23, 30

\*No Class 2/17, 3/2\*



### Senior Valentine's Day Party - Friday Feb. 14th

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

Free for Members - \$10 for Non - Members

Lunch will be provided.



### Walmart Trips

The trips are free and open to all seniors.

#### Tuesday, Feb. 4th

Felicity Towers - 9:30am

Troy Towers - 9:35am

Heritage Village - 9:40am

Return @ 12:00pm

#### Tuesday, Feb. 11th

Kinder Tower - 9:30 am

Return @12:00pm

## SENIOR EXERCISE PROGRAMS

ALL classes are \$18 for Senior Club Members | \$20 for non-members. Below are the remaining Winter class dates for Senior Exercise & Zumba Gold.

### 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.

Feb. 4, 6, 11, 13

Next Class Sessions Begins Feb. 18th



### ZUMBA GOLD - \$20

Wednesdays - 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.

Feb. 5, 12

Next Class Sessions Begin Feb. 19th



### 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.

Feb. 7, 14

Next Class Sessions Begin Feb. 21st

Both Zumba Classes - \$30 / \$28 for Senior Club Members\*

