

## February Senior Citizen Programs

### Healthy Living Programs

Registration is required for fitness programs. Sign up at [www.bloomfieldrecreation.org](http://www.bloomfieldrecreation.org). The seasonal fee for each program is \$20. All classes meet at the Civic Center.

- **Tai Chi** – Mondays, 11 a.m. to noon, through March 27 (no class on Feb. 20). Learn a Chinese form of martial arts featuring slow, controlled and low-impact movements. Easy for seniors, even those with limited movement.
- **Senior Exercise** – Tuesdays and Thursdays, 10-11 a.m., through March 16.
- **Zumba Gold** – Wednesdays, 10-11 a.m., through March 15. Dance and move to Latin music. No dance experience or partner needed. For active older adults including some with limited mobility.
- **Seniorcise** – Monday to Friday, 10:30 a.m. and 3:30 p.m., a new class each day. Tune in to channel 35; for Verizon Fios, channel 30.

### Shopping Trips to Kearny Walmart

■ Friday, Feb. 10

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

■ Friday, Feb. 24

Kinder Towers pickup - 9:45 a.m.

Return – noon