

## **April 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](http://www.bloomfieldrecreation.org).

### **Senior Fitness Programs**

- Tai Chi – Mondays, 11 a.m. to noon.
- Senior Exercise – Tuesdays and Thursdays, 10-11 a.m.
- Zumba Gold – Wednesdays, 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; for Verizon Fios, channel 30.

### **Shopping Trips to K-Mart, West Orange**

■ *Wednesday, April 12*

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

■ *Wednesday, April 26*

Kinder Towers pickup - 9:45 a.m.

Return – noon

### **April 21 Senior Club Meeting**

Elder law attorney Benjamin D. Eckman will be the guest speaker at the club meeting on Friday, April 21 at noon, in the Civic Center, 84 Broad Street. He will discuss nursing homes, estate planning and other issues of concern to senior citizens.

The Senior Club meets on the third Friday of each month except January, February, July and August. Gatherings may include, music, guest speakers, discussions, lunches, and/or refreshments. A nominal annual fee is required to join.