

June 2019 SENIOR PROGRAMS

BLOOMFIELD

Parks • Recreation • Cultural Affairs

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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, June 21st

12:00pm - 2:00pm - Civic Center - Basement
Luncheon and general meeting to discuss
upcoming events.

Mamma Mia - July 25th

Surflight Theatre presents Mamma Mia!!
The musical play.

Show starts at 2:00pm ticket price is \$50
and includes the bus ride, the show &
lunch.

You do not need to be a member to participate.

Walmart Trips

The trips are free and open to all seniors.

Tuesday, June 11th

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

Tuesday, June 18th

Felicity Towers - 9:45am
Troy Towers - 9:50am
Heritage Village - 9:55am
Return @ 12:00pm

SENIOR EXERCISE PROGRAMS

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



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.

June 3, 10, 17



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.

June 4, 6, 11, 13, 18, 20



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.

June 7, 14, 21, 28

