

November Senior Citizen Programs

Healthy Living Programs

- *Tai Chi* – Mondays, 11 a.m. to noon. Learn a Chinese form of martial arts featuring slow, controlled and low-impact movements, easy for seniors, even with limited movement.
- *Senior Exercise* - Tuesdays and Thursdays, 10-11 a.m.
- *Zumba Gold* – Wednesdays, 10-11 a.m. 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.



Bus Trip to Stony Hill

On Wednesday, Nov. 9, take a bus trip to the Stony Hill Inn in Hackensack for lunch, music and dancing. Be at the Civic Center at 9:30 a.m. The bus will leave for Stony Hill at 10 a.m. Senior Club member cost is \$48; nonmembers \$50. For information or registration, call Doris Elmer (973) 748-6323, or Rose Rinaldi (973) 450-0053.

Shopping Trips to Walmart

■ Wednesday, Nov. 16

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup 9:55 a.m.

Return – noon

■ Wednesday, Nov. 30

Kinder Towers pickup - 9:45 a.m.

Return – noon

Senior Club Meeting

Enjoy a Thanksgiving lunch hosted by the Bloomfield Recreation Department on Friday, Nov. 18 at noon.

The Senior Club, for ages 55 and older, meets the third Friday of each month (except July and August) at the Civic Center, 84 Broad Street. Gatherings may include, music, guest speakers, discussions, lunches, or refreshments. The membership fee is \$12.