

December Senior Citizen Programs

Senior Club Meeting and Christmas Lunch

The Senior Club's December meeting and Christmas lunch will take place Friday, Dec. 9 at the Civic Center, 84 Broad Street. The classic film, "White Christmas," starring Bing Crosby will be shown. For members only, no cost.

The Senior Club is for residents age 55 and older. Members meet eight months a year on the third Friday (excluding January, February, July and August). Gatherings may include music, guest speakers, discussions and/or lunches. For details call Bonnie Triola at (973) 743-9074.



Shopping Trips to Kohl's

■ Friday, Dec. 16

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

■ Wednesday, Dec. 21

Kinder Towers pickup - 9:45 a.m.

Return – noon

Healthy Living Programs

Online registration begins Dec. 7. Go to www.bloomfieldrecreation.org.

- **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 those with limited movement. Pre-registration required. \$20.
- **Senior Exercise** - Tuesdays and Thursdays, 10-11 a.m. Pre-registration required. \$20.
- **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. Pre-registration required. \$20.
- **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.