

October 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.

Bus trip to Sands Casino

Come aboard for a bus trip to Sands Casino in Bethlehem, PA, on Monday, Oct. 9. The \$25 cost includes \$20 for slot play and a \$5 casino food voucher. Bloomfield Recreation will provide pre-travel bagels. Doors open at the Civic Center senior lunch room at 8:30 a.m. The bus will depart at 10 a.m., then leave the casino at 5 p.m.

Senior Halloween Party

Enjoy pizza and a movie at the Senior Halloween Party on Thursday, Oct. 26, beginning at noon at the Civic Center. Costumes are optional. Entry is free for Senior Club members; all others, \$5.

Lunch, music and more at Oct. 20 Senior Club meeting

Enjoy lunch, musical entertainment, and a breast cancer awareness presentation during the Senior Club meeting on Friday, Oct. 20, beginning at noon at the Civic Center. Clara Maass Medical Center will provide lunch and a program on "Taking the First Step - National Breast Cancer Awareness Month." Pianist Peter Lieberman will perform at 1 p.m.

Senior Fitness Programs (at the Civic Center)

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

Shopping Trips to Walmart

■ Tuesday, Oct. 10

Felicity pickup – 9:45 a.m.

Troy pickup – 9:50 a.m.

Heritage Village pickup – 9:55 a.m.

Return – noon

■ Thursday, Oct. 19

Kinder Towers pickup – 9:45 a.m.

Return – noon