

May 2019

SENIOR PROGRAMS

BLOOMFIELD

Parks • Recreation • Cultural Affairs

84 Broad Street, Bloomfield, NJ 07003

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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, May 17th

12:00pm - 2:00pm - Civic Center - Basement
Spring 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, May 7th

Felicity Towers - 9:45am

Troy Towers - 9:50am

Heritage Village - 9:55am

Return @ 12:00pm

Tuesday, May 14th

Kinder Tower - 9:45 am 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. Summer dates will be available soon for Tai Chi.



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.

May 6, 13, 20
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.

May 2, 7, 9, 14, 16, 21, 23, 28, 30
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.

May 3, 10, 17, 24, 31
June 7, 14, 21, 28

