



**YMCA OF MONTCLAIR Lectures and Activities
JUNE 2018**

Room Location S– Senior Room M– Meeting Room
L– Lower Lobby H–Holm Room

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pickle Ball <u>Every Monday</u> in the gym 11:00am - 12 :15 pm Equipment provided		For more information or if you have questions please contact Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wred-ding@montclairymca.org		1 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	2	3 MONTCLAIR RUN 2 Miles Run/Walk 10K Race
4	5 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00am (S)	6 Chat and Share 9:30-10:00 am (S)	7	8 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	9	10
11 June Birthdays Bring a snack to share 9:30-10:30 am (S)	12 "Do you think today's world affects our mental health?" by Leah J. Rowbotham, MS, APRN, BC from Seton Hall University 10:00 - 11:00am (S)	13 Chat and Share 9:30-10:00 am (S)	14	15 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	16	11
18	19 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00pm (S)	20 Chat and Share 9:30-10:00 am (S)	21 "The Positive Effect of Exercise on the Brain" by Rose Cofone, CPT 11:00 am-12:00 pm (S)	22 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	23	24
25	26	27 Chat and Share 9:30-10:00 am (S)	28	29 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	30	