



YMCA OF MONTCLAIR Lectures and Activities April 2018

Mon	Tue	Wed	Thu	Fri
2 Pickle Ball Every Monday in the gym 11:00am - 12:15 pm Equipment provided (G)	3 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00 am (S)	4 Chat and Share 9:30-10:00 am (S)	5	6 Game Day Rummikubs 9:30-11:30 am (S) Bridge 10:30-11:30 am (S)
9 "Run with your Lungs" by John Chacko from Clara Maass Medical Center 7:15-7:45 pm (M)	10 "Let's learn about Newark" by Emily Manz 11:00 am-12:00pm (S) Coffee and light refreshments will be served.	11 Chat and Share 9:30-10:00 am (S) Brain Teasers 9:30-10:30 am (S)	12	13 Game Day Rummikubs 9:30-11:30 am (S) Bridge 10:30-11:30 am (S)
16 Celebrate April Birthdays Bring a snack to share 9:30-10:30 am (S)	17 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00 am (S)	18 Chat and Share 9:30-10:00 am (S)	19 "How to get rid of lower back pain" by Matt Mandel, DPT 11:00 am-12:00 pm (S)	20 Game Day Rummikubs 9:30-11:30 am (S) Bridge 10:30-11:30 am (S)
23 Blood Pressure Screening by Hackensack Meridian Health - Mountainside Medical Center Nurses 9:00-11:00 am (L)	24	25 Chat and Share 9:30-10:00 am (S) "The Life of Mary Cassatt". Presenter: Maggie Rothman 10:00-11:00 am (S)	26	27 Game Day Rummikubs 9:30-11:30 am (S) Bridge 10:30-11:30 am (S)
30 YMCA Book Club 9:30 - 10:15 am (S)			Room Location S- Senior Room M- Meeting Room L- Lower Lobby H-Holm Room	For more information or if you have questions please contact Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wredding@montclairymca.org