



# YMCA OF MONTCLAIR Lectures and Activities October 2017

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

Mon	Tue	Wed	Thu	Fri	Sat
<p><b>2 Pickle Ball</b> Every Monday in the gym 11:00am – 12:15 pm Equipment provided (G)</p>	<p><b>3 Health Assessments</b> by Seton Hall University Nursing Students 9:00–11:30 am (S)</p>	<p><b>4 Chat &amp; Share</b> 9:30 – 10:00 am (S) <b>The League of Women Voters:</b> “Democracy is not a spectator sport” 10:00–11:00 am (S)</p>	5	<p><b>6 Game Day</b> <b>Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Verona Park Fitness Walks</b> 11:00 –12:00 pm (V. Park)</p>	7
9	10	<p><b>11 Chat and Share</b> 9:30–10:00 am (S) <b>Eliminate joint and arthritis pain naturally by Dr. Davis</b> 10:15 –11:15 am (S)</p>	<p><b>12 Luncheon Program</b> “Fall Leaf Activity” with <b>Artist Kristine Lombardi</b> 12:00–1:30 pm (H) Fee \$5 – Bring a sandwich.</p>	<p><b>13 Game Day</b> <b>Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Verona Park Fitness Walks</b> 11:00 –12:00 pm (V. Park)</p>	14
<p><b>16 October Birthdays</b> Bring a snack to share 9:30–10:30 am (S) “ Learning more about Stroke” by Hackensack Mountainside MC 11:00 am–12:00pm (S)</p>	<p><b>17 Knit, Crochet and Chat</b> Instructor brings yarn 10:00–11:00pm (S)</p>	<p><b>18 Chat and Share</b> 9:30–10:00 am (S) <b>Medicare Open Enrolment:</b> <b>What do you need to know.</b> By D. Katzeff, FncI. Advisor (Light breakfast will be provided) 10:00 – 11:00 am (S)</p>	19	<p><b>20 Game Day</b> <b>Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Verona Park Fitness Walks</b> 11:00 –12:00 pm (V. Park)</p>	21
<p><b>23 “Stress and Self Care”</b> by Seton Hall University Nursing Students 10:00 – 11:00 am (S)</p>	24	<p><b>25 Chat and Share</b> 9:30–10:00 am (S)</p>	26	<p><b>27 Game Day</b> <b>Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Verona Park Fitness Walks</b> 11:00 –12:00 pm (V. Park)</p>	<p><b>28 Workshop: “Building a Daily Meditation Practice by Nic Watson”</b> 1:30–3:00 pm (FS) \$20 members \$30 non members Sign up @ the front desk</p>
<p><b>30 YMCA Book Club</b> 9:30 –10:15 am (S) <b>Current Events</b> 10:30 am – 11:30am (S) <b>Stroke Screening \$30</b> 10:00–11:00 am (L)</p>	<b>31 HALLOWEEN</b>	<p><b>PLEASE DONATE GENTLE USED GIFTS AND JEWELRY TO FRONT DESK FOR NOVEMBER 8TH &amp; 15TH SALE BY 10/27/17. THANK YOU!</b></p>			<p>For more information or if you have questions please contact Washima Redding, Senior Health &amp; Wellness Director at 973-415-6111 or <a href="mailto:wredding@montclairymca.org">wredding@montclairymca.org</a></p>