



# YMCA OF MONTCLAIR Lectures and Activities August 2018

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

Mon	Tue	Wed	Thu	Fri	Sat
<b>Pickle Ball</b> <b>Every Monday</b> in the gymnasium 11:00am – 12:15 pm Equipment provided (G)	<p style="color: red; font-size: small;">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>	1	2	<b>3 Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Walk at Edgemont Park.</b> Meet at 11:00 am at the front loop Of the park	4
6	7	<b>8 Chat and Share</b> 9:30–10:00 am (S)	<b>9 Blood Pressure Screening – AFC Urgent Care</b> 9:00–11:00 am (LL)	<b>10 Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Walk at Edgemont Park.</b> Meet at 11:00 am	11
<b>13 August Birthdays</b> Bring a snack to share 9:30–10:30 am (S)	14	<b>15 Chat and Share</b> 9:30–10:00 am (S)	16	<b>17 Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Walk at Edgemont Park.</b> Meet at 11:00 am	18
<b>20 YMCA Book Club</b> 9:30–10:15 am (S)	21	<b>22 Chat and Share</b> 9:30–10:00 am (S) <b>Bone Density Screening By Hackensack Meridian Health Mountainside Medical Center (Fee \$12)</b> 10:00 am–12:00 pm	23	<b>24 Rummikub Game</b> with numbers and tiles 9:30–11:00 am (S) <b>Bridge Game</b> 10:30–11:30 am (S) <b>Walk at Edgemont Park.</b> Meet at 11:00 am	25
<b>27 SHUTDOWN WEEK</b>	<b>28 THE YMCA OF MONTCLAIR WILL BE CLOSED</b>	<b>29 WE ARE OFFERING CLASSES AT EDGEMONT PARK</b>	<b>30 SEE SHUTDOWN SCHEDULE FOR DATE, TIMES AND CLASS MODALITY</b>	<b>31 HAVE A GREAT HOLIDAY!</b>	<b>1 WE’LL SEE YOU BACK ON TUESDAY SEPTEMBER 4th</b>