



# YMCA OF MONTCLAIR Lectures and Activities

## JUNE 2017

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

Su	Mon	Tue	Wed	Thu	Fri	Sat
				1	<b>2 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)	3
<b>R U N</b>	<b>4 5 Pickle Ball</b> Every Monday in the gym 11:00am –12 :15 pm Equipment provided (G)	<b>6 Knit, Crochet &amp; Chat</b> Instructor has yarn 10:00–11:00 am (S)	<b>7 Chat &amp; Share</b> 9:30 –10:00 am (S)	8	<b>9 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)	10
	<b>11 12 June Birthdays</b> Bring a snack to share 9:30–10:30 am (S)	<b>13 "Mason Jar Meals" by April Crowley, RD from West Orange Shop Rite</b> 11:00am–12:00pm (S)	<b>14 Chat and Share</b> 9:30–10:00 am (S)	15	<b>16 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)	17
	<b>18 19 "Exercise while Aging"</b> Lisy Espindola, CPT 10:00–11:00 am (S)	20	<b>21 Chat and Share</b> 9:30–10:00 am (S)	22	<b>23 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)	24
	<b>25 26 YMCA Book Club</b> 9:30 –10:15 am (S) <b>Current Events</b> 10:30 am – 11:30am (S)	<b>27 Senior Technology Class by the YMCA Teens</b> 1:00–2:00 pm	<b>28 Chat and Share</b> 9:30–10:00 am (S) <b>Bladder Health and Life Changes</b> By Tifanie Sbriscia, RN 10:15–11:15 am (S)	29	<b>30 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)	<b>For more information contact Washima Redding</b> <b>973-415-6111</b> <b>wredding@montclairymca.org</b>



# MORNING GROUP EXERCISES FOR ACTIVE OLDER ADULTS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Active Older Adults III</b> 6:15 – 7:00 am Alex 8:30 – 9:15 am Jackie/Alex (G)	<b>Tai Chi</b> 7:55 – 8:55 am Pamela (F)	<b>Active Older Adults III</b> 6:15 – 7:00 am Alex 8:30 – 9:15 am Melissa (G)	<b>Tai Chi</b> 7:55 – 8:55 am Pamela (F)	<b>Active Older Adults III</b> 6:15 – 7:00 am Alex 8:30 – 9:15 am Melissa (G)	
<b>Low Impact Workout</b> 9:15 – 10:00 am Debbie (F)	<b>Active Older Adults II</b> 9:00 – 10:00 am Lisy (H)	<b>Low Impact Workout</b> 9:15 – 10:00 am Debbie (F)	<b>Active Older Adults II</b> 9:00 – 10:00 am Lisy (H)	<b>Low Impact Workout</b> 9:15 – 10:00 am Gigi (F)	
<b>Zumba</b> 10:00-11:00 am Christine (G)	<b>Zumba</b> 9:00 – 10:00 am Jo (G)	<b>Zumba</b> 9:15 – 10:15 am Sarah (G)	<b>African Caribbean Dance</b> 9:00 – 10:00 am Julio (G)	<b>Tai Chi</b> 9:00 – 10:15 am Pamela (H)	<b>Chair Yoga</b> 10:15 – 11:15 am Molly (H)
<b>Chair Yoga</b> 11:30-12:30 Molly (H) <b>Gentle Yoga</b> 12:30-1:45 pm (H) Fran	<b>Active Older Adults I</b> 10:00 – 11:00 am Lisy (H)	<b>Gentle Yoga</b> 12:30 – 1:45 pm Joyce (F)	<b>Active Older Adults I</b> 10:00 – 11:00 am Lisy (H)	<b>Zumba</b> 10:15-11:15 am Elo/Terrell (G)	
<b>Questions?</b> <b>Call Washima Redding</b> <b>973-415-6111</b>	<b>Meditation</b> 7:30 – 8:30 pm Biba (M)		<b>Line Dancing</b> 6:00 – 7:00 pm Rosita (F)	<b>Chair Yoga</b> 11:30 – 12:30 pm Molly (H)	

Active Older Adults I Balance, stretching, chair exercises  
 Active Older Adults II Weights, stretching & mat exercises  
 Active Older Adults III Move to music, weights, mat exercises  
 (F) Fitness Studio 2nd Floor  
 (G) Gym 1<sup>st</sup> Floor  
 (H) Holm Room 1<sup>st</sup> Floor

# YMCA OF MONTCLAIR

## ACTIVITIES FOR OLDER ADULTS

The YMCA of MONTCLAIR has a variety of classes for older adults of different fitness abilities. By coming to classes you will have more energy, strength, flexibility and at the same time have fun meeting new friends.

- **Strength & Balance** – (*Active older adults - Level I & II*) uses bands, dumbbells, and balls for strength.
- **Water Exercises** (*Aquacise*) are good for those who have back problems, arthritis and or are overweight.
- **Tai Chi Classes** – Helps to improve balance.
- **Low Impact Classes** – (*Active older adults Level III*) – use music to move and light weights for strength.
- **Mindfulness Meditation** – is effective for stress and pain reduction.
- **YOGA** – Chair Yoga focuses on basic yoga poses, breathing techniques. Gentle Yoga includes exercises on the mat.
- **Zumba** – is motivating music with unique dance moves.

Besides giving fitness classes, the YMCA offers social activities, parties, a book club, monthly health screenings, lectures and programs. Some of our members volunteer working with children in the Montclair Community Pre-K twice a month. If you would like to know more information, please come to the YMCA for a tour and to get a brochure.