



YMCA OF MONTCLAIR Lectures and Activities
August 2017

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

Su	Mon	Tue	Wed	Thu	Fri	Sat
		1 Senior Technology Class by the YMCA Teens 1:00-2:00 pm (M)	2 Chat & Share 9:30 -10:00 am (S)	3	4 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S) Verona Park Fitness Walks 11:00 -12:00 pm (V. Park)	5
6	7 Pickle Ball <u>Every Monday</u> in the gym (with instructor) 11:00am -12 :15 pm Equipment provided (G)	8 Senior Technology Class by the YMCA Teens 1:00-2:00 pm (M)	9 Chat and Share 9:30-10:00 am (S)	10 "Alzheimer's Prevention & Management" by Dr. Davis 11:00am-12:00pm (S)	11 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S) Verona Park Fitness Walks 11:00 -12:00 pm (V. Park)	12
13	14 August Birthdays Bring a snack to share 9:30-10:30 am (S) "Blood Pressure Screening" by Hackensack UMC & Mountain-side 9:00-11:00 am (L)	15 "Frozen Summer Treats" by Jessica Serdikkof, RN 11:00am-12:00pm (S) Senior Technology Class by the YMCA Teens 1:00-2:00 pm (M)	16 Chat and Share 9:30-10:00 am (S)	17	18 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S) Verona Park Fitness Walks 11:00 -12:00 pm (V. Park)	19
20	21 YMCA Book Club 9:30 -10:15 am (S) Current Events 10:30 am - 11:30am (S)	22 Senior Technology Class by the YMCA Teens 1:00-2:00 pm (M)	23 Chat and Share 9:30-10:00 am (S)	24	25 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S) Verona Park Fitness Walks 11:00 -12:00 pm (V. Park)	26
27	28 LOOK AT OUR WEBSITE FOR THE EDMONT PARK SHUTDOWN CLASSES SCHEDULE OR VISIT WWW.MONTCLAIRYMCA.ORG/GROUPFIT	29 SHUTDOWN WEEK	30 FROM SUNDAY 8/27/17 UNTIL MONDAY 9/4/17	31 HAVE A SAFE AND FUN HOLIDAY!!!	For more information or if you have questions please contact Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wredding@montclairymca.org	



MORNING GROUP EXERCISES FOR ACTIVE OLDER ADULTS

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