



**YMCA OF MONTCLAIR Lectures and Activities  
May 2017**

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

| Su | Mon   | Tue  | Wed   | Thu  | Fri  | Sat   |
|----|---|--|---|--|--|---|
|    | <b>1 Pickle Ball</b><br>Every Monday in the gym<br>11:00am -12 :15 pm<br>Equipment provided       | 2  | <b>3 Doctors Express</b><br><b>Blood Pressure Screenings</b><br>9:00-11:00 am (L)<br><b>Piet Mondrian ; Art presentation by Maggie Rothman</b><br>9:30-10:30 am (S)               | 4  | <b>5 Game Day</b><br><b>Rummikub Game</b><br>with numbers and tiles<br>9:30-11:00 am (S)<br><b>Bridge Game</b><br>10:30-11:30 am (S)   | <b>6 "Boosting your Energy"</b><br><b>Barb Minemier, AADP</b><br>10:30-11:30 am (S)                             |
| 7  | <b>8 May Birthdays</b><br>Bring a snack to share<br>9:30-10:30 am (S)                             | <b>9 Knit, Crochet &amp; Chat</b><br>Instructor has yarn<br>10:00-11:00 am (S)<br><b>"Transitioning from Married Life", George Barnes</b><br>11:00 am-12:00 pm (S) | <b>10 Chat &amp; Share</b><br>9:30 -10:00 am (S)  | <b>11 Fermented Foods; demo and education.</b><br><b>Mike Schwartz (from "BAO Foods and Drinks").</b><br>11:00am-12:00pm(S)  | <b>12 Game Day</b><br><b>Rummikub Game</b><br>with numbers and tiles<br>9:30-11:00 am (S)<br><b>Bridge Game</b><br>10:30-11:30 am (S)  | 13  |
| 14 | <b>15 "The Tender Trap Music Concert" featuring Ernestine Galloway</b><br>10:00-11:00 am (H)      | <b>16 "In the heart of Africa" Travel Program with Isa &amp; Paul</b><br>Fee \$5<br>Bring a sandwich<br>12:00 pm (H)   | <b>17 Chat and Share</b><br>9:30-10:00 am (S)<br><b>Skin Cancer Prevention</b><br><b>Carol Brush, RN</b><br><b>From Horizon Blue Cross and Blue Shield</b><br>10:15- 11:15 am (S) | <b>18 Colorectal Cancer Screening</b><br><b>Hackensack UMC Mountanside</b><br>9:00-11:00 am (L)<br><b>"College funding 101", George Barnes</b><br>7:00-8:00 pm (M) | <b>19 Game Day</b><br><b>Rummikub Game</b><br>with numbers and tiles<br>9:30-11:00 am (S)<br><b>Bridge Game</b><br>10:30 -11:30 am (S) | 20  |
| 21 | <b>22 YMCA Book Club</b><br>9:30 -10:15 am (S)<br><b>Current Events</b><br>10:30 am - 11:30am (S) | <b>23 "Is going Gluten Free right for me?" April Crowley from W. Orange ShopRite</b><br>11:00 am-12:00 pm (S)  | <b>24 Chat and Share</b><br>9:30-10:00 am (S)<br><b>Memorial Day Program- Jeanne Krausman Chorus</b><br>10:30 am (H)  | <b>25 "Injury Prevention for Runners and walking tour" by Fleet Feet</b><br>7:00-8:00 pm (M)   | <b>26 Game Day</b><br><b>Rummikub Game</b><br>With numbers and tiles<br>9:30-11:00 am (S)<br><b>Bridge Game</b><br>10:30-11:30 am (S)  | 27  |
| 28 | <b>29 MEMORIAL DAY</b><br><b>YMCA CLOSED</b>  | 30   | <b>31 Chat and Share</b><br>9:30-10:00 am (S)   |  |  | <b>For more information contact Washima Redding</b><br><b>973-415-6111</b><br><b>wredding@montclairymca.org</b> |



# MORNING GROUP EXERCISES FOR ACTIVE OLDER ADULTS

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
| <b>Active Older Adults III</b><br>6:15-7:15 am (H)<br>Alex<br>8:30-9:15 am (G)<br>Carol           | <b>Tai Chi</b><br>8:00 – 9:00 am<br>Pamela (F)                       | <b>Active Older Adults III</b><br>6:15-7:15 am (G)<br>Alex<br>8:30-9:15 am (G)<br>Melissa | <b>Tai Chi &amp; Qi Gong</b><br>8:00 – 9:00am<br>Pamela (F)          | <b>Active Older Adults III</b><br>6:15-6:45 am (H)<br>Alex<br>8:30-9:15 am<br>Melissa (G)            |
| <b>Low Impact Workout</b><br>9:15 – 10:00 am<br>Debbie (F)  | <b>Active Older Adults Adults II</b><br>9:00 – 10:00 am<br>Carol (H) | <b>Low Impact Workout</b><br>9:15 – 10:00 am<br>Debbie (F)                                | <b>Active Older Adults Adults II</b><br>9:00 – 10:00 am<br>Carol (H) | <b>Low Impact Workout</b><br>9:15 – 10:00 am<br>Gigi (F)   |
| <b>Zumba</b><br>10:00-11:00 am<br>Christine (G)   | <b>Zumba</b><br>9:00 – 10:00 am<br>(G)                               | <b>Zumba</b><br>9:15 – 10:00 am<br>Sarah (G)  | <b>Zumba</b><br>9:00 – 10:00 am<br>(G)                               | <b>Tai Chi</b><br>9:15 – 10:30 am<br>Pamela (H)  |
| <b>Chair Yoga</b><br>11:30-12:30<br>Molly (H)<br><b>Gentle Yoga</b><br>12:30-1:45 pm (F)<br>Robin | <b>Active Older Adults Adults I</b><br>10:00 – 11:00 am<br>Carol (H) | <b>Gentle Yoga</b><br>12:30 – 1:45 pm<br>Joyce (F)  | <b>Active Older Adults Adults I</b><br>10:00 – 11:00 am<br>Carol (H) | <b>Chair Yoga</b><br>11:30-12:30 am<br>Molly (H)<br><b>Chair Yoga Saturdays</b><br>10:15-11:15am (H) |
| <b>Questions?</b><br>Call Carol Kearney<br>973-415-6131   | <b>Meditation</b><br>7:30 – 8:30 pm<br>Biba (M)                      |   | <b>Line Dancing</b><br>6:00-7:00pm<br>Rosita (F)                     |  |

Active Older Adults I  
 Active Older Adults II  
 Active Older Adults III

Balance, stretching, chair exercises  
 Moving to music, weights, mat exercise  
 Low impact aerobic, weights, stretching

(M) = Meeting Room  
 (F) = Fitness Studio – 2<sup>nd</sup> 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.