



YMCA OF MONTCLAIR Lectures and Activities January 2018

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

Mon	Tue	Wed	Thu	Fri	Sat
1 HAPPY NEW YEAR! YMCA CLOSED!	2	3 Chat and Share 9:30-10:00 am (S)	4	5 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	6
8 Pickle Ball <u>Every Monday</u> in the gym 11:00am -12 :15 pm Equipment provided (G)	9 Knit, Crochet and Chat Instructor brings yarn 10-11am (Intake Room-2nd Fl) Art Lecture by Sharon Pitts, watercolorist 10:30-11:30 am (S)	10 Chat and Share 9:30-10:00 am (S)	11	12 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	13 "Fleet Feet Fit Expo" 9:00am-12:00pm (LL)
15 January Birthdays Bring a snack to share 9:30-10:30 am (S)	16	17 Chat and Share 9:30-10:00 am (S) Blood Pressure Screening 10:00-11:00 am (LL)	18 Winter Pot Luck Bring a dish to share 12:00pm (S)	19 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	20
22	23 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00am (S) "Food as Fuel" by Jessica Serdikoff from ShopRite 11:15am-12:15pm (S)	24 Chat and Share 9:30-10:00 am (S)	25	26 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	27
29 YMCA Book Club 9:30 -10:15 am (S)	30 Mini Health Assessments by Seton Hall University Nursing Students 9:00-11:00am (LL)	31 Chat and Share 9:30-10:00 am (S)			For more information or if you have questions please contact Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wredding@montclairymca.org