



YMCA OF MONTCLAIR Lectures and Activities January 2019

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 Chat and 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)	5
7 Pickle Ball <u>Every Monday</u> in the gym 11:00am - 12:15 pm Equipment provided (G)	8 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00am (S)	9 Brain Teasers "KenKen" Have fun exercising your brain learning the arith- metic and logic puzzle 9:30-10:00 am (S)	10 "New Year's Pot Luck" Bring a dish to share or \$5 contribution 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)	12
14 January Birthdays Bring a healthy snack to share 9:30-10:30 am (S)	15	16 Chat and Share 9:30-10:00 am (S)	17 "Health at Every Size" by Jessica Serdikoff, RDN, CPT from Brookdale ShopRite 11:15am-12:15pm (S)	18 Game Day Rummikub Game with numbers and tiles 9:30-11:00 am (S) Bridge Game 10:30-11:30 am (S)	19
21	22 Knit, Crochet and Chat Instructor brings yarn 10:00-11:00am (S)	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)	26
28 YMCA Book Club 9:30 -10:15 am (S)	29	30 Chat and Share 9:30-10:00 am (S) Blood Pressure Screenings & Mini Health Evaluations by Seton Hall School of Nursing 10:00-11:00am (S)	31		For more information or if you have questions please contact Washima Redding, Senior Health & Wellness Director at 973-415-6111 or wred- ding@montclairymca.org