

## IMPORTANT HEALTH OFFERINGS

The Community Center, 131 N. Maple Ave.

Annual Flu Clinic  
Tuesday, October 1, 2019  
10:00am to 12:00pm



**MUST CALL VALLEY COMMUNITY HEALTH AT  
201-291-6090 TO MAKE AN APPOINTMENT**

BLOOD PRESSURE CLINIC  
3rd Friday monthly, 1 to 3 pm.  
September 20 October 18  
*No appointment is necessary.*



### GARDEN-TO-TABLE PIZZA MAKING DAY



Monday, September 16, 2019  
The Gatehouse - Habernickel Park  
1057 Hillcrest Rd. 11:30am to 1:00pm  
Cost: \$10 (\$20 non-resident)  
See separate flyers for details.



### WELLNESS INITIATIVE FOR SENIOR EDUCATION: (WISE) Program

“Alternative Approaches to Pain Management for  
Older Adults (AAPMPOA)”

DATES: September 13, 20, 27  
October 4, (No 11), 18, 25

COST: FREE (Includes Lunch)

6 weeks; 2 hours on Fridays, 11:30am to 1:30pm  
Max of 20 participants.

See separate flyers for details.

Call Deanna at 201-670-5500 ext 301 for more information.



### SENIORS - Let's Play...



Tennis  
All Pro Tennis  
Offers reduced rates  
for Village residents  
62 and over.

Pickle Ball  
Come and try the  
new rage among  
seniors.



**Mayors Wellness Campaign**  
*Put your community in motion.*

Marked programs support active healthy lifestyles.

## H.I.L.T. CALENDAR

Patio Picnic at Graydon Pool  
Thursday, September 12th, 12pm  
Lunch/Bingo  
Members Only

Trip:

WEDNESDAY, September 25th  
Caesars Atlantic City  
\$25 Slot Play, Buffet Lunch & Show  
A Tribute To Carole King & the  
Hit Broadway Show, “Beautiful”

General Meeting:

Thursday, October 10th, 10am  
“What To Take on a Road Trip”  
Betty Wiest will provide us with some  
important tips!

Trip:

Thursday, October 17th  
Oktoberfest  
Krucker’s Catering & Picnic Grove  
Lunch, German Music, Folk Dancers,  
Beer, Wine and Soft Drinks  
Pomona, NY

Contact Deanna Schablik  
201-670-5500, x301

### SENIOR BUS

The senior bus runs on Tuesdays  
and Thursdays, and Wednesdays  
to Shoprite in Wyckoff. Call  
201-670-5500, ext 203 for complete  
details or to make a reservation.  
Also inquire about taxi coupons.



# Adult Programs September/October 2019



**The Community Center**  
131 N. Maple Ave.  
201-670-5500, x301

## MONDAYS

### Zumba Gold

**\$24.00/6 sessions** 10:00 to 10:45 am (YL)  
September 9, 16, 23 (No 30) October 7, (No 14), 21, 28  
Instructor: Joan Gregilovich  
Feel the music and burn some calories while getting a great, fun workout. **Bring water.**

### Gentle Chair Yoga

**\$24.00/6 sessions** 11:15 to 12pm (YL)  
September 9, 16, 23 (No 30) October 7, (No 14), 21, 28  
Instructor: Elaine Albanese  
Gentle, relaxing moves using the chair for balance and stability. **Bring water.**

## TUESDAYS (Transportation Available)

### Yoga For Every 'Body'

**\$24.00/6 sessions** 9:45 to 10:45 am (SL)  
September 10, 17, 24 October (No 1), 8, 15, 22  
Instructor: Carol Raff  
Beginners and experienced yogis welcome. Connect one's mind and body through poses that create strength, flexibility and balance. Let's have fun while being fit. **Bring a mat and water.**

### Silver Strength and Motion

**\$24.00/6 sessions** 10:00 to 10:45 am (YL)  
September 10, 17, 24 October (No 1), 8, 15, 22  
Instructor: Elaine Albanese  
Increase core muscles, balance, range of movement and flexibility with light weights, bands and balls. **Bring water.**

### Tai Chi

**\$24.00/6 sessions** 12:30 to 1:15 pm (YL)  
September 10, 17, 24 October (No 1), 8, 15, 22  
Instructor: Nancy Holly (Body & Brain Yoga Tai Chi)  
Learn basic Tai Chi to increase your circulation, flexibility, balance and confidence. **Bring water.**

### Knit and Crochet

**No Fee** 12:30 to 3:00 pm (GR)  
September 3, 10, 17, 24 October 1, 8, 15, 22, 29  
Knit and crochet with a fun group of women.  
Bring your own project or join others to work on one for a community service project.

SL – Senior Lounge GR – Garden Room  
YL – Youth Lounge

## TUESDAYS (Continued)

### Hobbyists Unlimited present "Movie Classics"

**No fee** 1:30 to 3:30 pm (SL)  
September 10th - "The Man Who Came to Dinner" (1942)  
October 8th - "Traffic" (2000)

## WEDNESDAYS

### For Men Only – Men's Fitness

**\$24.00/6 sessions** 9:00 to 10:00am (YL)  
September 11, 18, 25 October 2, (No 9), 16, 23  
Instructor: Tracey Zysman  
Improve strength, muscle growth, endurance and cardio using light weights and resistance. **Bring water.**

### Chinese Brush Painting

**\$24.00/6 sessions** 9:30 to 11:00 a.m. (SL)  
September 11, 18, 25 October 2, (No 9), 16, 23  
Instructor: Robert Santee  
Chinese Brush Painting is a symbolic expression of an object with each brush stroke a defining movement.

### Cardio Dance

**\$24.00/6 sessions** 10:30 to 11:15 am (YL)  
September 11, 18, 25 October 2, (No 9), 16, 23  
Instructor: Mary-Lee Costello  
Dance moves to enhance cardiovascular endurance, physical strength, flexibility, agility, core strength and balance. **Use of weights is optional. Bring water.**

### Stretching, Stamina & Strength

**\$24.00/6 sessions** 11:45 to 12:45 pm (YL)  
September 11, 18, 25 October 2, (No 9), 16, 23  
Instructor: Tracey Zysman  
Gentle activities to help increase joint flexibility, range of motion, muscle strength and increase stamina. **Bring water.**

### Bridge

**No fee** 12:30 to 3:30 pm (SL)  
September 4, 11, 18, 25 October 2, 9, 16, 23  
Experienced established groups or we invite individuals to form new groups to play. **Drop-in Bridge at 1:30pm.**

### Get Toned

**\$24.00/6 sessions** 1:10 to 1:55 pm (YL)  
September 11, 18, 25 October 2, (No 9), 16, 23  
Instructor: Tracey Zysman  
Firm and tone each body part using resistance training, weights and bands. **Bring a mat and water.**

## THURSDAYS

### Mahjong

**No Fee** 10:00am to 12:00pm (SL)  
September 5, 12, 19, 26 October 4, 11, 18, 25  
Experienced established groups or we invite individuals to join in to observe and learn.

## FRIDAYS

### For Men Only – Men's Fitness

**\$24.00/6 sessions** 9:00 to 10:00am (YL)  
September 13, 20, 27 October 4, (No 11), 18, 25  
Instructor: Tracey Zysman  
Improve strength, muscle growth, endurance and cardio using light weights and resistance. **Bring water.**

### Zumba Gold (Additional Offering)

**\$24.00/6 sessions** 10:15 to 11:00 am (YL)  
September 13, 20, 27 October 4, (No 11), 18, 25  
Instructor: Tracey Zysman  
Feel the music and burn some calories while getting a great, fun workout. **Bring water.**

### Learn to Crochet and/or Knit

**\$12.00/3 sessions** 11:15 to 12:45 pm (GR)  
October 4, (No 11), 18, 25  
Instructor: Sally Ann Bengasi  
Beginner class includes instruction. Materials can be purchased individually based on choice of yarn and process. Intermediates welcome to join and work on projects independently, with guidance from instructor.

### Get Toned

**\$24.00/6 sessions** 1:10 to 1:55 pm (YL)  
September 13, 20, 27 October 4, (No 11), 18, 25  
Instructor: Joan Gregilovich  
Firm and tone each body part using resistance training, weights and bands. **Bring a mat and water.**

*Program pricing is for Ridgewood Residents, 55 years and older. An additional \$10 fee per class applies to non-residents. Please let us know if special accommodations are needed.*