

Best wishes for good health and much happiness in the New Year!



Vision Loss Alliance of New Jersey offers programs that build

confidence and improve the quality of life for individuals who are blind or living with vision loss. Classes include Yoga, Fit and Balance, Group Drumming, and Horticultural Therapy. Peer Support is an important part of the program. For more information call Linda Groszew at (973) 627-0055, ext. 312

IMPORTANT HEALTH OFFERINGS

The Community Center, 131 N. Maple Ave.

BLOOD PRESSURE CLINIC

3rd Friday monthly, 1 to 3 pm.

January 20/February 17/March 17th

No appointment is necessary.



Two New Exercise Offerings!

Join us:



Cardio Dance with Joannie G

Wednesdays at 10:30am - 11:30am (Youth Lounge)

and

Men's Senior Fitness with GYMGUYZ

Fridays at 9:15am - 10:15am (Youth Lounge)

FOLLOW US ON:



Mayors Wellness Campaign

Put your community in motion.

Marked programs support active healthy lifestyles.

H.I.L.T. CALENDAR

Meeting:

Thursday, January 12th, 10 a.m.
Joan Katz, RD, of Christian Health Care will present the program, "The Mind Diet", a discussion on nutrition and anti-inflammatory foods.

No Trip in January

Meeting:

Thursday, February 9th, 10 a.m.
Timothy Delgado of Merrill Lynch will discuss a financial program on economic outlook, investment strategies, tax free bonds and other issues.

Trip:

Thursday, February 16th
Trip to High SocieTea House
Queen's Tea including delicious teas, soups, scones and more!
Wayne, NJ

Contact Deanna Schablik
201-670-5500, x301

SENIOR BUS

Tel: 201-670-5500, ext 203.

The senior bus runs on Tuesdays and Thursdays. Call for complete details or to make a reservation. Also inquire about taxi coupons.



Adult Programs

January/February 2017



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

MONDAYS

Zumba Gold

\$20.00/5 sessions 10:00 to 10:45 am (YL)
January 9, (No 16), 23, 30 February 6, 13
Instructor: Joan Gregilovich

Feel the music and burn some calories while getting a great, fun workout. Good way to begin the week.

Getting Toned

\$20.00/5 sessions 1:10 to 1:55 pm (YL)
January 9, (No 16), 23, 30 February 6, 13
Instructor: Carol Raff

Strengthen and stretch the body with light weights, bands and tubes. End with gentle yoga stretches
Please bring a yoga mat and water.

TUESDAYS

Gentle Chair Yoga

\$20.00/5 sessions 9:00 to 9:45 am (YL)
January 10, 17, 24, 31 February 7
Instructor: Elaine Albanese

Gentle, relaxing moves using the chair for balance and stability. Strengthen muscles while calming the mind.

Yoga Fit

\$20.00/5 sessions 9:45 to 10:45 am (SL)
January 10, 17, 24, 31 February 7
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

\$20.00/5 sessions 10:00 to 10:45 am (YL)
January 10, 17, 24, 31 February 7
Instructor: Elaine Albanese

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Posture Perfect - Well Being in Daily Life Activities

\$20.00/5 sessions 11:00 to 12:00pm (SL)
January 10, 17, 24, 31 February 7
Instructor: Lauren Hammerle

Create ease and grace through embodiment of a better posture. With awareness (discussion) and movement we will facilitate a healthy and comfortable body, learning best ways to sit, stand and walk. Bring a mat and towel.

TUESDAYS (continued)

Knit and Crochet

No Fee 12:30 to 3:00 pm (GR)
January 3, 10, 17, 24, 31 February 7, 14, 21, 28

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.

Hobbyists Unlimited present "Movie Classics"

No fee 1:30 to 3:30 pm (SL)
January 10th – "Steambath" (1973)
February 14th – "The Bicycle Thief" (1949)

WEDNESDAYS

For Men Only – Men's Fitness

\$20.00/5 sessions 9:15 to 10:15am (YL)
January 11, 18, 25 February 1, 8
Instructor: Tracey Zysman

Improve strength, muscle growth, endurance and cardio using light weights and resistance.

Chinese Brush Painting

\$20.00/5 sessions 9:30 to 11:00 a.m. (SL)
January 11, 18, 25 February 1, 8
Instructor: Robert Santee

Chinese Brush Painting is a symbolic expression of an object with each brush stroke a defining movement.

Cardio Dance

\$20.00/5 sessions 10:30 to 11:30 am (YL)
January 11, 18, 25 February 1, 8
Instructor: Joan Gregilovich

Dance moves to enhance cardiovascular endurance, physical strength, flexibility, agility and core strength for balance.

No Aches/No Pains – Arthritis Class

\$20.00/5 sessions 11:45 to 12:45 pm (YL)
January 11, 18, 25 February 1, 8
Instructor: Tracey Zysman

Gentle activities to help increase joint flexibility and range of motion, maintain muscle strength and increase stamina.

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.

WEDNESDAYS (continued)

Get Toned

\$20.00/5 sessions 1:10 to 1:55 pm (YL)
January 11, 18, 25 February 1, 8
Instructor: Tracey Zysman

Firm and tone each body part using resistance training, weights and bands. Bring a mat and water.

Bridge

No fee 1:00 to 3:00 pm (SL)
January 4, 11, 18, 25 February 1, 8, 15, 22
Experienced established groups or we invite individuals to form new groups to play.

THURSDAYS

Mahjong

No Fee 10:00am to 12:00pm (SL)
January 5, 12, 19, 26 February 2, 9, 16, 23
Experienced established groups or we invite individuals to form new groups to play.

FRIDAYS

****NEW****

Men's Senior Fitness with GYMGUYZ

\$20.00/5 sessions 9:15 to 10:15 pm (YL)
January 20, 27 February 3, 10, 17
Instructor: GYMGUYZ

A daily outlet that aids in pursuit of good health, optimal fitness, wellness and nutritional reinforcement.

Silver Strength and Motion

\$20.00/5 sessions 10:30 to 11:30 am (YL)
January 13, 20, 27 February 3, 10
Instructor: Stacey Del Preore

Move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

Learn to Crochet and/or Knit

\$16.00/4 sessions 11:30 to 1:00 pm (GR)
February 3, 10, 17, 24
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.

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