



~JANUARY 2010~

Senior Community Center

Located at the Church of the Messiah, Parish Hall, 50 Route 24,

*** OPEN EVERY THURSDAY ~ 1PM to 4PM***

JANUARY 7th	JANUARY 14th	JANUARY 21st	JANUARY 28th
1pm: Zumba Gold	1pm: Dancing with Dottie	1pm: Zumba Gold	1pm: Yoga
2pm: HealthEASE Stretching & Resistance Exercise Class	2pm: HealthEASE Stretching & Resistance Exercise Class	2pm: HealthEASE Stretching & Resistance Exercise Class	2pm: HealthEASE Stretching & Resistance Exercise Class
3pm: Bingo	3pm: Bunco	3pm: Bingo	3pm: Bunco

The Center has a separate, comfortable space available for folks to play table games and cards...available anytime between 1pm-4pm every Thursday!

All activities are **FREE*** to seniors 55 & up. (*Donations are accepted)

*Please call the SRC at **908-879-2202** to register for groups and classes.*

Walk-ins Are Welcome!

Class Descriptions:

Zumba Gold Dance Class: Join this fun latin-inspired dance program that includes the meringue, salsa, cha-cha and tango. You'll have fun while getting the benefit of a total body workout. Certified Instructor, Ana Corriea-Norton, will teach this exciting new class.

Dancing with Dottie: Get your heart pumping and have fun while enjoying light, low-impact dancing!

HealthEASE Stretching Class: A great class to improve flexibility, balance, stamina, muscle strength, posture & body mechanics.

Yoga: Beginners and experienced are welcome to enjoy this relaxing exercise led by instructor, Lisa Franey. Please bring a yoga mat and wear comfortable clothes! We practice in bare feet but socks can be worn at the end for relaxation.

Bunco: An exciting dice game based on 100% luck! No prior playing experience needed...just need to know how to have fun & roll the dice! Object of the game is to roll certain combinations and rack up points.

Bingo: Who doesn't love this game? Enjoy the fun as we play for small, useful prizes!