



Hunterdon County YMCA

Active Older Adult Center Program

908-638-6515

LOCATION: 285 COUNTY RD. 513
GLEN GARDNER, NJ 08826 (LOWER LEVEL)
CENTER HOURS: MON/TUE/THUR 9:00AM-1:00PM
OCTOBER/NOVEMBER 2019

MONDAYS

- 10:00 - 12:45 BRIDGE AND STARTUP MAHJONG
10:00 - 12:00 CARDMAKING (BIMONTHLY 10/14, 10/28, 11/11, 11/25)
10:00 - 12:00 OPEN STUDIO ART/ NEEDLEWORK /CRAFTS/PAPER ARTISTRY
11:00 - 12:00 HAPPY HARVEST SOCIAL (10/07, 10/21)
11:00 - 12:00 STAMP/COIN COLLECTING STARTUP CLUBS **(register)**
11:00 - 12:00 CELL PHONE TECH ASSISTANCE

TUESDAYS

- 9:05 - 9:30 MORNING STRETCH AND STRENGTH (bands & weights)
9:30 - 11:30 ART CLASS \$ with Sandy . **(minimal fee-register)**
9:30 - 10:30 MINDFUL MOVEMENTS* with Janine - MAT
10:30 - 11:20 MINDFUL MOVEMENTS* with Janine - CHAIR

** Mindful Movements focuses on strength, circulation and flexibility improvement.*

WEDNESDAYS

- 10:30-11:30 OUTDOOR WALKING CLUB (COLUMBIA TRAIL) **(register)**

THURSDAYS

- 9:10 - 9:40 INDOOR WALKING CLUB (10/10 - 11/14)
9:45 - 10:15 MORNING STRETCH AND STRENGTH (bands & weights)
9:45 - 11:30 SILVER BELLES & BEAUS CHORUS REHEARSAL
10:15 - 11:30 BEGINNERS BRIDGE & STARTUP CHESS CLUB **(register)**
10:30 - 12:00 OPEN STUDIO ART/NEEDLEWORK/CRAFTS/PAPER ARTISTRY

SPECIAL EVENTS SAVE THE DATE!

- 11/5 11:30 -12:00 **COLUMBIA TRAIL** PHOTOGRAPHY LECTURE/ HARVEST SOCIAL
11/11 11:30 VETERANS DAY OPEN HOUSE ! WELCOMING OUR VETERANS
12/3 11:30-12:00 **EVERGREENS**/RUTGERS MASTER GARDENER LECTURE/SOCIAL



Please be advised all programs are subject to change. If you have any questions please call 908-638-6515 for more information. If calling after hours, please leave a detailed message.