

West Milford Senior Vitality Calendar

June 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
Sponsored By: West Milford Health Department (H) 973.728.2726 West Milford Senior Services (WMSS) 973.728.2871 Passaic County Camp Hope 973.728.8166 Highlands Family Success Center (HFSC) 973.506.6575 *see reverse for details*			1 9:00 Cards– WMSS 10:00 Bridge– WMSS 11:00 Yoga– WMSS	2 9:00 Aerobics– WMSS 10:00 Bridge– WMSS 10:00 Crochet– WMSS	3 9:00 Cards– WMSS 10:30 Olympic Prac –WMSS 11:00 Chair Yoga– WMSS 12:30 Mahjongg-WMSS 1:30 Knitting Group-HFSC	4		
5	6 9:00 Cards– WMSS 10:00 Pokeno– WMSS 10:00 Zumba – WMSS	7 9:00 Aerobics-WMSS 10:30 Olympic Prac-WMSS 10:00-3:00 Senior Supper Club -Camp Hope	8 9:00 Cards– WMSS 10:00 Bridge– WMSS 1:00– Zumba Sr Olympics	9 9:00 Aerobics– WMSS 10:00 Bridge– WMSS 10:00 Crochet– WMSS 6:00 Essential Oils 101 - HFSC	10 9:00 Cards– WMSS 12:30 Mahjongg-WMSS 1:30 Knitting Group-HFSC	11		
12	13 9:00 Cards– WMSS 10:00 Pokeno– WMSS 10:00 Coloring- WMSS 12:45 Golden Age Circle	14 9:00 Aerobics-WMSS 10:00-3:00 Senior Supper Club -Camp Hope 3:00-5:00 Immunization Clinic (H) 6-8:30 Wellness Workshop	15 9:00 Cards– WMSS 10:00 Bridge– WMSS	16 9:00 Aerobics– WMSS 10:00 Bridge– WMSS 10:00 Crochet – WMSS 7:00 Adult Yoga –HFSC	17 9:00 MALL TRIP WMSS 9:00 Cards– WMSS 11:00 Chair Yoga– WMSS 12:30 Mahjongg-WMSS 1:30 Knitting Group-HFSC	18		
19	20 9:00 Cards– WMSS 10:00 Pokeno– WMSS 10:00 Zumba – WMSS 10:30 Fathers Day Bingo/ Luncheon –WMSS MALE CANCER SCREENING * (H)	21 9:00 Aerobics-WMSS 10:00-3:00 Senior Supper Club -Camp Hope TRI-TOWN WELLNESS CHALLENGE	22 9:00 Cards– WMSS 10:00 Bridge– WMSS 11:00 Yoga– WMSS 1:00 Zumba– WMSS	23 9:00 Aerobics– WMSS 10:00 Bridge– WMSS 10:00 Crochet– WMSS	24 9:00 Cards– WMSS 10:00 Zumba– WMSS 11:00 Yoga– WMSS 12:30 Mahjongg-WMSS 1:30 Knitting Group-HFSC	25		
26	27 9:00 Cards– WMSS 10:00 Pokeno– WMSS 10:00 Coloring- WMSS 12:45 Golden Age Circle	28 9:00 Aerobics-WMSS	29 9:00 Cards– WMSS 10:00 Bridge– WMSS	30 9:00 Aerobics– WMSS 10:00 Bridge– WMSS 10:00 Crochet – WMSS 7:00 Adult Yoga –HFSC				

West Milford Health Department Contact: Paula Edelstein Senior Public Health Nurse 973.728.2726

June 14: Family & Senior Immunization Clinic BY APPOINTMENT ONLY

All adult immunizations free if you have no insurance or your insurance does not cover vaccine. This includes the TDAP (Tetanus with Pertussis) and Shingles Vaccine. Flu and Pneumonia vaccine is still available for children through adults and seniors. Flu \$12 Free for seniors on Medicare.

June 20: Male Cancer Screening

PSA test and Colon Cancer test for \$28 in nurse's office call for appointment 973-728-2726

June 21: FREE TRI-TOWN WELLNESS CHALLENGE (West Milford, Ringwood and Wanaque)

The Kick off will take place in Ringwood Public library June 21 at 7PM. We will have walks, meditation classes, nutrition programs & demonstrations, health education and more. For more information or to register contact Jessica.kelly@atlanticealth.org or call 973-831-5455

West Milford Senior Services 1810 Macopin Road West Milford, NJ 07480 Contact: 973.728.2871
You must preregister for all programs-All classes are held at Hillcrest Community Center at above address

Chair Aerobics: An ongoing class every Tuesday and Thursday morning 9am, which stimulates heart rate, strengthen and stretches muscles. This class runs in two-month sessions and is \$30.00 per session.

Zumba Gold: designed with seniors in mind, an upbeat dance exercise for all abilities. This class runs for two months on designated days and times. Fee is \$30.00 for the two-month session.

Chair Yoga: excellent relaxing and stretching exercise with all the benefits of traditional yoga but without having to get on the floor. This runs in a 16-class session on Wednesday and Fridays at 11am. Fee is \$33.00 per session.

Mall Trips: TBA 3rd Friday of Each Month

Cards: Bring your change and enjoy a fun game of poker!

Crochet Group: Caring Hearts Crochet group makes items for hospitals, cancer patients and more. Learn new patterns. Oil Painting Class (Bob Ross Style) 10am-1pm \$30.00 all materials included in price

Creative Coloring: Enjoy a relaxing session of adult style coloring ,currently offered at no charge – stay for lunch and the Golden Age Circle meeting after. All materials supplied

Golden Age Circle : Seeking active seniors who want to meet new friends, go on trips and have fun – Join us!

Senior Nutrition Program: Offered Monday-Friday 11:30 am to seniors for \$1.25 – must sign up at least 24 hours in advance. Join us for a great hot lunch and great company!

June 20: Fathers Day Bingo and Luncheon. 10:30 am

Highlands Family Success Center 1546 Union Valley Road Contact: Kelly Hart 973.506.6575

Knittle Me This, Knittle Me That: Friday's at 1:30. Want to learn how to knit? Already knit and want to enjoy some company? Come knit with us and warm up with some coffee, tea and snacks.

June 9 Essential Oils 101: Breath in and relax s we discuss options, safety and why some essential oils are better than others. Leave feeling good and having a handle on which essential oils are good for you and your family.

June 14 Wellness Workshop: Hillcrest Community Center 6:00-8:30pm. Learn ways to reduce stress and promote your overall health.

June 16 Natural Family Health Workshop: Learn about natural ways to treat immune, digestive, sleep, hormonal and structural disorders as well as childhood ailments and diabetes. Presented by Dr. Howard Werfel.

June 16 Yoga Night: Once monthly adult yoga class provided by GCS Fitness, held at HFSC!

Passaic County Camp Hope 1792 Union Valley Road Contact: Karen Cisco 973.728.8166

Senior Supper Club: Every Tuesday 10am-3pm. You're invited to come to Camp Hope to relax, have a good meal and enjoy yourself! No reservations needed. Cost is \$3.00. All are welcome! Paths for exercise, walks are paved, play games, cards and eat great food! **Supper Club will begin again on Sept. 6th, 2016.**