

Poolside Breakfast for Older Adults at Graydon Pool

Saturday, June 5th, 10:30am to 12:00pm

(Rain date: Sunday, June 6th, 11:30am to 1:00pm)

Enjoy an individually wrapped breakfast treat and live music on the patio.

Register by May 28th to dschablik@ridgewoodnj.net or call 201-670-5500 ext 301.

Registration is required, no walk-ins. Masks required. Social distancing will be adhered to.

Feel free to bring your own chair.

See separate flyer for details.



RACQUET SPORTS FOR ADULTS

Pickleball - Glen Tennis Courts

Tennis with All Pro Tennis - Bellair Courts

Participants must possess a 2021 Tennis Membership

(\$20 for Ridgewood residents 62 and over)

for pickleball & tennis.

Please call the Stable for more details at 201-670-5560.



Older Americans Month "Communities of Strength"

Join us in the Meadow at the Stable on

Sunday, May 23rd, 2pm to 4pm (Rain-date May 30th)

For our "Resilience Rocks" program where we will be painting rocks and forming the American Flag as the finished product! There is No Fee for this event, numbers are limited. Please register in advance to

dschablik@ridgewoodnj.net or call

201-670-5500 ext 301 by May 19th.

See separate flyer for details.

**KEEP YOUR MUSCLES AND MINDS
STRONG AND SHARP THIS SPRING
WITH MANY PROGRAMS TO JOIN!**



Mayors Wellness Campaign

Put your community in motion.

Marked programs support active healthy lifestyles.

H.I.L.T. CALENDAR

General Meeting:

Thursday, May 13th, 10:00am

Tom Bender" of Metro Farms,
shares tips and ideas on making
Hummingbird and Butterfly Gardens
Community Center Patio

Trip:

Tuesday, May 18th

Wind Creek Casino and Outlets
\$25 Slot Play, Lunch on your own
Bethlehem, PA

General Meeting:

June 10th, 12:00pm

Picnic at Graydon Pool
Musical Entertainment

Trip:

Thursday, June 17th

Grounds for Sculpture
Lunch (TBD)
Hamilton, NJ

Contact Deanna Schablik
201-670-5500, x301

SENIOR BUS

Tel: 201-670-5500, ext 203.

The senior bus runs on Tuesdays,
Thursdays and Wednesdays to Shoprite
in Wyckoff (last Wednesday of the
month). Call for complete details or to
make a reservation. Also inquire about
taxi coupons.



Adult Programs

May/June

2021

Outdoors/In-Person



The Community Center

131 N. Maple Ave.

201-670-5500, x301

MONDAYS

Gentle Chair Yoga

 \$24.00/6 sessions 11:00 to 11:45am (GP)

May 10, 17, 24, (No 31) June 7, 14, 21

Instructor: Elaine Albanese

Gentle, relaxing moves using the chair for balance and stability. **Bring water.**

TUESDAYS

Yoga For Every 'Body'

 \$24.00/6 sessions 9:30 to 10:15am (SM)


May 11, 18, (No 25) June 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 9:30 to 10:15am (GP)

May 11, 18, 25 June 1, 8, 15

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 1:15pm

(NOT MEETING THIS SESSION)

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 3:00pm (CC)

May 4, 11, 18, 25 June 1, 8, 15, 22, 29

Knit and crochet your own project or one for the community with this fun group. (Weather permitting)

Hobbyists Unlimited present "Movie Classics"

No fee 1:30 to 3:30pm

(NOT MEETING THIS SESSION)

Make sure you check with your doctor before starting any exercise program.

Wear comfortable clothing and sneakers.

WEDNESDAYS

For Men Only – Men's Fitness


 \$24.00/6 sessions 9:15 to 10:00am (GP)

May 12, 19, 26 June 2, 9, 16

Instructor: Phil Nisen

Improve strength, muscle growth and endurance using light weights and resistance bands. **Bring water.**

Chinese Brush Painting


 \$24.00/6 sessions 9:30 to 11:00am (Zoom)

May 12, 19, 26 June 2, 9, 16

Instructor: Robert Santee

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

Stretching, Stamina, & Strength

 \$24.00/6 sessions 11:45 to 12:30pm (GP)


May 12, 19, 26 June 2, 9, 16

Instructor: Joan Gregilovich (Fitness with Joannie)

Increase stamina with light cardio, gentle activities to help increase joint flexibility and range of motion and light weights and resistance bands to maintain muscle strength.

Bring water.

Staying Connected (New Offering)

 \$16.00/4 sessions 1:30 to 2:15pm (SM)

May 12, 19, (No 26) June 2, 9

Instructor: Carol Raff

Through meditation and positive social support, we will improve our resilience for coping with stress. Expression of feelings in a non-judgmental atmosphere will bring a sense of community. **Bring 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.


SL – Senior Lounge GR – Garden Room

YL – Youth Lounge CC – Community Center Patio

GP – Graydon Pool Macadam SM – The Stable Meadow

FRIDAYS

For Men Only – Men's Fitness


 \$24.00/6 sessions 9:15 to 10:00am (GP)

May 14, 21, 28 June 4, 11, 18

Instructor: Phil Nisen

Improve strength, muscle growth and endurance using light weights and resistance bands. **Bring water.**

Zumba Gold


 \$24.00/6 sessions 10:30 to 11:15am (GP)

May 14, 21, 28 June 4, 11, 18

Instructor: Joan Gregilovich (Fitness with Joannie)

Feel the music and burn some calories while getting a great, fun workout. **Bring water.**

Intermediate Senior Fitness (TIME CHANGE)

 \$24.00/6 sessions 11:30 to 12:15pm (GP)

May 14, 21, 28 June 4, 11, 18

Instructor: Joan Gregilovich (Fitness with Joannie)

Combination of light cardio and stretching. Increase core muscles, balance, range of movement and flexibility with light weights, bands and balls. **Bring water.**

*Register Online (preferred) at
www.ridgewoodnj.net/communitypass
or*

*Pay by cash or check at
The Stable, 259 N. Maple Avenue*

Classes will be held outdoors, weather permitting. Make-ups will be added to the end of the session.

Masks are required and social distancing will be adhered to.

*Please contact Deanna Schablik at
201-670-5500 ext 301 for further information.*