

Middletown Senior Center January Daily Activities

Events that are *require registration

Exercise Classes now on ZOOM:

meeting #230 051 0854/password: senior

Art class ZOOM meeting #886 7637 5591/password: 634226



Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>10:00 Zumba Gold</p> <p>10:30 Knitting</p> <p>12:30 Move 2 the Groove/Chair Cardio</p>	<p>4</p> <p>10:15 Brain & Body Class</p> <p>12:30 Yoga</p>	<p>5</p> <p>10:00 Gentle Strength</p> <p>10:30 - 12:00 Mixed Media Art *</p> <p>15 maximum—Yoga Room in Gymnasium</p>	<p>6</p> <p>10:00 Yoga</p> <p>10:30 Knitting</p>	<p>7</p> <p>Tip Toe Tap Class</p> <p>Cancelled</p> <p>11:00 Bowling Hazlet</p> <p>12:00 - 3:00 Rumikub</p>
<p>10</p> <p>10:00 Zumba Gold</p> <p>10:30 Knitting</p> <p>12:30 Move 2 the Groove/Chair Cardio</p>	<p>11</p> <p>10:15 Brain & Body Class</p> <p>12:30 Yoga</p>	<p>12</p> <p>10:00 Gentle Strength</p> <p>10:30 - 12:00 Mixed Media Art *</p> <p>15 maximum Yoga Room in Gymnasium</p> <p>1:00 Bingo with Sue *</p>	<p>13</p> <p>10:00 Yoga</p> <p>10:30 Knitting</p> <p>11:00 Book Club</p> <p>12:15 Movie Afternoon*</p>	<p>14</p> <p>10:00 Tip Toe Tap</p> <p>11:00 Bowling Hazlet</p> <p>12:00 - 3:00 Rumikub</p> <p>1:00 –3:00 Staff in Training. available by appointment only</p>
<p>17</p> <p>Middletown Senior Center Closed in observance of Martin Luther King Jr. Day</p>	<p>18</p> <p>10:15 Brain & Body Class</p> <p>12:30 Yoga</p>	<p>19</p> <p>10:00 Gentle Strength</p> <p>10:30 - 12:00 Mixed Media Art*</p> <p>15 maximum Yoga Room in Gymnasium</p> <p>1:00 WII Bowling*</p>	<p>20</p> <p>10:00 Yoga</p> <p>10:30 Knitting</p> <p>11:00 Book Club</p> <p>1:00 Ping Pong, Corn Hole & Billiards</p>	<p>21</p> <p>10:00 Tap</p> <p>11:00 Bowling Hazlet</p> <p>12:00 - 3:00 Rumikub</p> <p>1:00 –3:00 Staff in Training. available by appointment only.</p>
<p>24</p> <p>10:00 Zumba</p> <p>10:30 Knitting</p> <p>12:30 Move 2 Groove/Chair Cardio</p> <p>1:30 Monday Meditations and Journaling—Library</p>	<p>25</p> <p>10:00—12:00 Legal Services Ap- pointment</p> <p>10:15 Brain & Body Class</p> <p>12:30 Yoga</p>	<p>26</p> <p>10:00 Gentle Strength</p> <p>10:30 - 12:00 Mixed Media Art*</p> <p>15 maximum Yoga Room in Gymnasium</p> <p>1:00 Create a Vision Board for 2022*</p>	<p>27</p> <p>10:00 Yoga</p> <p>10:30 Knitting</p> <p>11:00 Book Club</p> <p>1:00 Thursday Thoughts and Journaling</p>	<p>28</p> <p>10:00 Tip Toe Tap</p> <p>11:00 Bowling Hazlet</p> <p>12:00 - 3:00 Rumikub</p>
<p>31</p> <p>10:00 Zumba</p> <p>10:30 Knitting</p> <p>12:30 Move 2 Groove/Chair Cardio</p>	<p>February 1</p> <p>9:30—12 VNA Nurse Visit</p> <p>10:15 Brain & Body Class</p> <p>12:30 Yoga</p>	<p>February 2</p> <p>9:00—12:00 Tax Appointments begin!</p> <p>10:00 Gentle Strength</p> <p>10:30 - 12:00 Mixed Media Art</p> <p>15 Maximum</p>	<p>February 3</p> <p>10:00 Yoga i</p> <p>10:30 Knitting</p> <p>11:00 Book Club</p> <p>1:00 Chair Exercises w/ Kessler Rehab *</p>	<p>February 4</p> <p>10:00 Tip Toe Tap</p> <p>11:00 Bowling Hazlet</p> <p>12:00 - 3:00 Rumikub</p>

Daily Events Middletown Senior Center

Activities that are offered virtually are*

(Locations for events are posted daily next to sign in sheet when you enter building.)

Mondays

10:00am - 4:00pm

Pinochle, Billiards, Mahjong

10:00am

Senior Shape Up Video (Nutrition Center)

10:30am

Zumba Gold with Tatianna from Flamingo Fit* (East Wing)

10:30am

Loose Stiches Knitting Group (Lounge next to kitchen)

If you need assistance or would like to learn, Bob is available the first Monday of the month.

Projects can be donated to several worth while charities if you would like to knit for a cause.

For project suggestions speak with Bob or Kourtney. Knitting supplies are available and donations accepted.

11:00am

Walking Group - Outdoors weather permitting or East Wing. The goal is 10,000steps!

12:30pm

Move to the Groove and Chair* (East Wing)

Start your Mondays off on the right foot with Brenda Christian. This class is combination of fun dance exercise and chair cardio class will help you start your week on the right note!

Tuesdays

10:00am - 4:00pm

Billiards & Mahjong

10:15am

Brain and Body Class * (East Wing)

Please join Megan Callus and improve your strength, cognition and breathing. Megan has numerous certifications in Functional Aging and General Fitness.

11:00am

Walking Group - Outdoors weather permitting or East Wing. The goal is 10,000 steps!

12:30pm

Yoga * This class can be done seated or standing. **(East Wing)**

1:15pm

Afternoon event (see calendar)

Wednesdays

10:00am - 4:00pm

Pinochle, Billiards, Mahjong

10:00am

Senior Shape Up Video (Nutrition Center)

10:00am

Gentle Strength * (East Wing)

Brenda is a retired Physician's Assistant and local senior center legend. Brenda's class can be done seated while using light weights. This class provides a head to toe workout.

10:30am- 12:00pm

Mixed Media Art (NEW LOCATION - Yoga Room in Gymnasium) Maximum 15 people

Our group of senior center artists have enjoyed working on a variety of mediums and will continue to develop their painting and sketching skills. It is amazing what you can accomplish in an hour. Supplies needed: watercolor paints, colored pencils, pencil, thin black marker, and sketch pad or paper. Advance sign-up required

1:00pm

Walking Group - Outdoors weather permitting or East Wing. The goal is 10,000steps!

Thursdays

10:00am - 4:00pm

Billiards & Mahjong

10:00am

Yoga (East Wing)

Join Amy for this 45 minute chair yoga class. Use the time to increase your flexibility and peace of mind.

10:30am

Loose Stiches Knitting Group -Come have a cup of coffee and knit with friends. **(Library)**

11: 00am

Book Club with Sue (East Wing)

Email Sue for information about book selection and chapters being read, at shutton@middletownnj.org. Book club meets once a week for an hour.

1:00pm

Afternoon Event (see calendar)

Fridays

10:00am - 4:00pm

Pinochle, Billiards, Mahjong

10:00am

Senior Shape Up Video (Nutrition Center)

10:00am

Tip, Toe, Tap (Yoga Room in Gymnasium) Join Brenda for this fun tap dance class! Flat sole shoe needed (no running shoes), taps available for the first twenty people.

11:00am NEW TIME

Bowling at Bolero in Hazlet -\$6.50 for two games come play with the Senior Center group.

12:00pm -3:00pm

Rumikub (Lounge)