



Bergen Beach Senior Program

Active Adults *est.1980*

At The John Malone Community Center

2335 Bergen Avenue

Phone (718) 531-6600 ext. 125

Lunch Served Daily at 12:00 PM

**August 2009**

Joan Malone, Director



### Tuesday Schedule

### Thursday Schedule

<p><b>4</b> 9 a.m. Aerobic Exercise with Denise 10a.m. Chair Exercise Class with Denise 11a.m. Yoga with Joann</p>	<p><b>6</b> 10a.m. Walking Club 11a.m. AM Bingo 12a.m. Lunch 1p.m. Arts &amp; Crafts with Norma 1:15p.m. Wii Bowling with Larry</p>
<p><b>11</b> 9 a.m. Aerobic Exercise with Denise 10 a.m. Chair Exercise Class with Denise 11 a.m. Yoga with Joann</p>	<p><b>13</b> 10 a.m. Walking Club 11 a.m. AM Bingo 12 p.m. Lunch 1p.m. Arts &amp; Crafts with Norma 1:15p.m. Wii Bowling with Larry</p>
<p><b>18</b> 9 a.m. Aerobic Exercise with Denise 10 a.m. Chair Exercise Class with Denise 11 a.m. Yoga with Joann</p>	<p><b>20</b> 10 a.m. Walking Club 11 a.m. AM Bingo 12p.m. Lunch 1p.m. Bingo 1:30p.m. Movie and Snacks</p>

Our other Senior Centers are open in the area to assist with utility bills, prescriptions, access-a-ride, Medicare benefits, and disability, inquire within.

**We will be closed From August 25<sup>th</sup> until Thursday, September 10<sup>th</sup>.**

### Upcoming Events & Trips

*Sept 21<sup>st</sup> thru Sept 25<sup>th</sup>, 2009 2<sup>nd</sup> annual "Active Aging Week"- 101 Free Active Adult Activities in Brooklyn & Queens at various locations-more information to follow.*

Oct 28<sup>th</sup>: Trip to La Neve's at Haledou N.J presenting New Jersey Happy Days, complete luncheon & Show see Joan

Nov 2009: (Wednesday) Overnight to Lancaster. Details to Follow.



### Collections at the JMCC

- Coupon Club
- Box Tops – Local Schools
- Used Glasses (Canarsie Lions Club)
- Canned Food MQH food Pantry

Funded By:  
Councilman Lew Fidler,  
Assemblyman Alan Maisel &  
Senator Carl Kruger  
Through the NYC Dept. For The Aging  
Sponsored By: Bergen Beach Youth Organization  
Supported By: The NYC Dept of Parks and Recreation

