



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 at 12:00 PM

**Sept 2011**



**Tuesday Schedule**

**Thursday Schedule**

	<p><b>1</b></p> <p>10:00 Walking Club          11:00 Bingo          12:00 Lunch          1:00 Cards          and Games</p>
<p><b>6</b></p> <p><b>CENTER CLOSED</b></p>	<p><b>8</b></p> <p><b>CENTER CLOSED</b></p>
<p><b>13</b></p> <p>9:00 Aerobic Exercise w/ Denise          10:00 Chair Exercise w/ Denise          11:00 Yoga w/ Joann          12:00 Lunch          1:00 Line Dancing w/ Bob</p>	<p><b>15</b></p> <p>10:00 Walking Club          11:00 Bingo          12:00 Lunch          1:00 Cards and Games</p>
<p><b>20</b></p> <p>9:00 Aerobic Exercise w/ Denise          10:00 Chair Exercise w/ Denise          11:00 Yoga w/ Joann          12:00 Lunch          1:00 Line Dancing w/ Bob</p>	<p><b>22</b></p> <p>10:00 Walking Club          11:00 Bingo          12:00 Lunch          1:00 Cards and Games</p>
<p><b>27</b></p> <p>9:00 Aerobic Exercise w/ Denise          10:00 Chair Exercise w/ Denise          11:00 Yoga w/ Joann          12:00 Lunch          1:00 Line Dancing w/ Bob</p>	<p><b>29</b></p> <p>10:00 Walking Club          11:00 Bingo          12:00 Lunch          1:00 Cards and Games</p>

**Future Trip & Events**

Oct 23 - 26, 2011- Woodloch Pines- Includes 3 Meals a day-Full Activity Program Entertainment Every Evening

**Rooms Are still Available**

**See Joan at BBYO if Interested!**

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

