

Trip to Resorts Casino

Ages: Adults, 21+

Day: Friday **Date:** May 5th



Time: Bus Leaves St. Martha's Church at 9AM
and returns at 5:45PM

Cost: \$35

Location: St. Martha's Church 3800
Herbertsville Road, Point Pleasant, New Jersey

This trip includes motorcoach transportation,
\$15 slot return, and driver's gratuity.

Call Kathy or Aimee for more information at (732)810-5890.

Senior Fitness Programs

Senior Chair Yoga

Ages: Adults, 60+

Day: Friday **Dates:** Ongoing

Time: Noon- 1:00PM

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant, New Jersey

The benefits of chair yoga for older adults includes loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance. The program does not require registration. Just come to the Recreation Center to participate.



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Senior Chair Fitness

Ages: Adults, 60+

Day: Wednesday 11:30AM - 12:30PM and/ or

Friday 10:30 – 11:30AM

Dates: Ongoing

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant, New Jersey

Chair fitness provides a way for older adults to move without putting too much strain on their bodies. Chair exercises are perfect for those with limited mobility or balance issues. The movements increase blood circulation and flexibility. The program does not require registration. Just come to the Recreation Center to participate.



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Lite and Fit

Ages: Adults, 60+

Day: Monday **Dates:** April 17th – June 12th

Time: 9:30AM – 10:45AM

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant, New Jersey

Come work your joints and major muscle groups in this 75-minute, low impact workout followed by a long stretch segment for flexibility. Bring lite weights (3-5 pounds recommended but not necessary).



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Check the monthly calendars for any dates there will be no fitness!

Call Kathy or Aimee for more information at (732)810-5890.

NEW Pickleball for Seniors

Ages: Adults, 60+

Day: Wednesday **Dates:** April 19th – June 7th

Time: 10:00-11:00AM

Cost: No charge

Location: Point Pleasant Recreation Center 1001 River Avenue Point Pleasant, New Jersey

Come out and play Pickleball on our outdoor courts! It is great exercise and lots of fun! Beginners are especially welcome. Instruction and equipment are provided if you do not have your own! No pre- registration required.



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