

## Programs for those 60+

### Senior Chair Yoga

**Ages:** Adults, 60+

**Day:** Wednesday at 10:30AM and Friday at 11:45AM

**Dates:** Ongoing

**Cost:** No charge

**Location:** Point Pleasant Recreation Center 1001 River Avenue Point Pleasant  
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:** Lite and Fit: Monday 9:30AM

Sit and Be Fit (Arthritis Focus): Monday 10:30AM

Lite and Flexible: Wednesday 11:30AM - 12:45PM

Core and More (Bring a thick yoga mat): Friday 9:30AM

Lite and Fit: Friday 10:30 – 11:30AM

**Dates:** Ongoing

**Cost:** No charge

**Location:** Point Pleasant Recreation Center 1001 River Avenue Point Pleasant  
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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**Ongoing Senior Programs at St. Marthas**

**Ages:** Adults, 60+

**Day:** Tuesday and Thursday **Dates:** Ongoing

**Time:** 10:00AM-2:00PM

**Cost:** No Charge

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

Come out and join with friends to participate in various fun filled activities and senior programs. These activities include cards, Socialization, mahjong, trips, unique events, socials, and knitting.

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

**Stop by the Recreation Center for a monthly calendar with updated class dates!**



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