Programs for those 60+

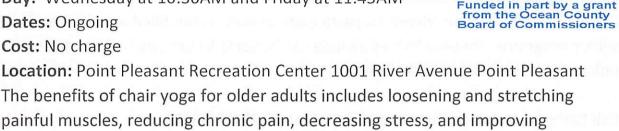
Senior Chair Yoga

Ages: Adults, 60+

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

Dates: Ongoing

Cost: No charge



Funded in part by a grant from the Ocean County

Board of Commissioners

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.

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.

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!

