

Programs for those 60+

Senior Chair Yoga

Ages: Adults, 60+

Day: Monday at 9:30AM, Wednesday at 9:30AM

Dates: Ongoing

Cost: No charge

Location: Point Pleasant Highschool Cafeteria- starting the week of June 24th
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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Board of Commissioners

Tai Chi

Ages: Adults, 60+

Day: Wednesday at 9:30AM

Dates: Ongoing

Cost: No charge

Location: Point Pleasant Highschool Cafeteria- starting the week of June 24th Tai Chi boasts many benefits to both your inner and outer health. Tai Chi relieves stress and anxiety, boosts cognitive abilities, increases flexibility, improves balance and coordination skills and enhances strength and stamina.



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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



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Location: Point Pleasant Highschool Cafeteria- starting the week of June 24th
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!



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