

## Programs for those 60+



### Pickleball

**Ages:** Adults, 60+

**Day:** Monday and Wednesday **Dates:** September 9<sup>th</sup>- October 29<sup>th</sup> (weather permitting)

**Time:** 10:00AM – Noon

**Cost:** No charge

**Location:** Point Pleasant Recreation Center 1001 River Avenue Point Pleasant  
Come out and play Pickleball on four 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!

### Senior Chair Yoga

**Ages:** Adults, 60+

**Day:** Monday at 9:00AM, Wednesday at 9:30AM

**Dates:** Ongoing

**Cost:** No charge

**Location:** Point Recreation Center

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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### Tai Chi

**Ages:** Adults, 60+

**Day:** Wednesday at 10:30AM

**Dates:** Ongoing

**Cost:** No charge

**Location:** Point Recreation Center



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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.

### Senior Chair Fitness

**Ages:** Adults, 60+

**Day:** Lite and Fit: Monday 10:00AM

Sit and Be Fit (Arthritis Focus): Monday 11:00AM

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

Core and More (Bring a thick yoga mat): Friday 10:00AM

Lite and Fit: Friday 11:00AM – NOON

**Dates:** Ongoing

**Cost:** No charge

**Location:** Point Pleasant Highschool Cafeteria- starting the week of June 24<sup>th</sup>

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.



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

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