

Senior Programs

MONDAY

TIMES

Keeping Fit With Exercise
Make it Work Mondays
Canasta
Mahjong Adv.

9:30 am – 10:15 am
 * 10:30 am – 11:30 am
 1:00 pm – 3:00 pm
 12:45 pm – 3:45 pm

FRIDAY

TIMES

Health In Motion
Tai Chi (Beginner)
Tai Chi (Advanced)

9:30 am – 10:30 am
 10:30 am – 11:30 am
 11:30 am – 12:30 pm

Movies ***

- 1st and 2nd Friday of the month 12:30 pm – 2:30 pm
 No Movies during July & August

Crafting with a Purpose

*** - 3rd Friday of the month 12:30 pm – 2:00 pm

Around the Table w/Ester

*** - 4th Friday of the month 12:30 pm – 2:00 pm

TUESDAY

TIMES

Health In Motion
Drawing/Painting
Senior Drum Circle
Yoga (chair & mat)
Mahjong Beg.
Crochet
Tech For Seniors

** 9:30 am – 10:30 am
 10:00 am – 12:00 pm
 10:45 am – 11:45 am
 12:00 pm – 1:00 pm
 1:00 pm – 3:00 pm
 1:00 pm – 3:00 pm
 1:00 pm – 2:30 pm

WEDNESDAY

TIMES

Walking for Health
Workout Wednesday
Keeping Fit w/Exercise
Senior Bandstand
Pinochle
Canasta- Advanced
Scrabble

9:30 am – 10:30 am
 * 9:30 am – 10:30 am
 10:45 am – 11:45 am
 12:00 pm – 1:00 pm
 10:00 am – 12:00 pm
 1:00 pm – 4:00 pm
 12:00 pm – 3:00 pm

THURSDAY

TIMES

Yoga (chair & mat)
Line Dancing
Bridge
Mahjong
Thursday Club

9:30 am – 10:15 am
 11:00 am – 12:00 pm
 1:00 pm – 4:00 pm
 2:30 pm – 4:00 pm
 12:00 pm – 2:00 pm

Key: * High aerobic workout, ** Chair & weights
Make it Work Monday & Workout Wednesday high aerobic, does more dance, Keeping Fit easy paced, uses weights

Pickleball

is held at the Cranford Recreation facility at 375 Centennial Avenue



Bagels & Bingo

4th Tuesday of each Month
 9:30 am – 11:30 am



*** TEMPORARILY ON HOLD DURING JULY & AUGUST