



Bergen Beach Senior Program

Active Adults *est.1980*

At The John Malone Community Center

2335 Bergen Avenue

Phone (718) 531-6600 ext. 125

Lunch Served Daily at 12:00 PM

**March 2010**



**Tuesday Schedule**

**Thursday Schedule**

<p><b>2</b></p> <p>9:00 Aerobic Exercise w/ Denise 10:00 Chair Exercise w/ Denise 11:00 Yoga w/ Joann 12:00 Lunch 1:00 Line Dancing w/ Bob</p>	<p><b>4</b></p> <p>10:00 Walking Club 11:00 Bingo 12:00 Lunch</p>
<p><b>9</b></p> <p>9:00 Aerobic Exercise w/ Denise 10:00 Chair Exercise w/ Denise 11:00 Yoga w/ Joann 12:00 Lunch 1:00 Line Dancing w/ Bob</p>	<p><b>11</b></p> <p>10:00 Walking Club 11:00 Bingo 12:00 Lunch 1:15 Line Dancing w/Bob</p>
<p><b>16</b></p> <p>9:00 Aerobic Exercise w/ Denise 10:00 Chair Exercise w/ Denise 11:00 Yoga w/ Joann 12:00 Lunch 1:00 Line Dancing w/ Bob</p>	<p><b>18</b></p> <p>10:00 Walking Club 11:00 Bingo 12:00 Lunch 1:15 Line dancing w/Bob</p>
<p><b>23</b></p> <p>9:00 Aerobic Exercise w/ Denise 10:00 Chair Exercise w/ Denise 11:00 Yoga w/ Joann 12:00 Lunch 1:00 Line Dancing w/ Bob</p>	<p><b>25</b></p> <p>10:00 Walking Club 11:00 Bingo 12:00 Lunch 1:15 Line Dancing w/Bob</p>
<p><b>30</b></p> <p>9:00 Aerobic Exercise w/ Denise 10:00 Chair Exercise w/ Denise 11:00 Yoga w/ Joann 12:00 Lunch 1:00 Line Dancing w/ Bob</p>	

Our other Senior Centers are open in the area to assist with utility bills, prescriptions, access-a-ride, Medicare benefits, and disability, inquire within.

**Future Activities & Trips**

Tuesday March 2- Dept of Finance outreach - 10:00am -12:00pm

Wednesday March 10 - St. Patricks Day Party @ Buckleys at 12 Noon

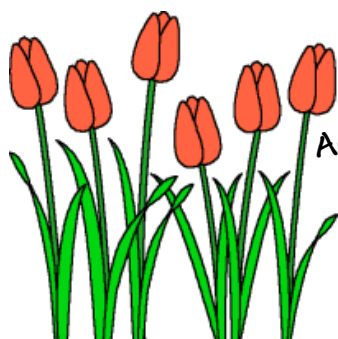
March 24 - Jersey Boys - SOLD OUT

**Coming This Spring June 9-10**

Overnight trip to Lancaster, PA to see

The Sight & Sound Presents The Story of Joseph.

And the American Music Theatre Presents Nashville City Limits



Funded By:

Councilman Lew Fidler,  
Assemblyman Alan Maisel &  
Senator Carl Kruger

Through the NYC Dept. For The Aging

Sponsored By: Bergen Beach Youth Organization

Supported By: The NYC Dept of Parks and Recreation