

Live Well @ The JCC focuses on promoting FITNESS, HEALTH and WELLNESS for our 55+ community.

FITNESS focuses on prevention by decreasing your risk for chronic diseases such as: Diabetes, Osteoporosis, Hypertension and Heart Disease.

HEALTH promotes the length and quality of your life by interacting with your environment and positive choices.

WELLNESS highlights the spirit, the mind and the body integrating and constantly changing with the environment.

Live Well @ the JCC is grant funded and is offered FREE to members of the Edison Community Campus. Non-members must pay a **Live Well @ The JCC** registration fee of \$45 which entitles them to participate in all Live Well programs through June 2019.



LIVE WELL @ the JCC

“POSSIBLE” UPCOMING EVENTS/CLASSES

APRIL
CPR FRIENDS AND FAMILY

MAY
ISRAELI DANCING

JUNE
5 PILLARS OF HEALTH

If you have any suggestions for classes/lectures please email Abby @ aeisner@jccmc.org or speak to her directly.



Jewish Community Center
of Middlesex County
1775 Oak Tree Road, Edison, NJ
732-494-3232 www.jccmc.org

Follow us on social media



Questions.....
Contact Abby Eisner at
aeisner@jccmc.org



LIVE WELL @ THE JCC

Programs focused on....

FITNESS
HEALTH
WELLNESS

**Developed specifically
for individuals
55 and older**

FREE
**to Edison Community
Campus Members**

CLASSES
2019 Winter 1

Tai Chi

Instructor: Bob Matland

Mondays Jan. 28, Feb. 4, 11, 25
(No Class Feb. 18)
Mar. 4, 11, 25
(No Class Mar.18)

9:00am

Tai Chi is an ancient Chinese tradition that is practiced today as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.



Zumba Gold

Instructor: Rachel Scott

Tuesdays Jan. 8, 15, 22, 29,
Feb. 5, 12, 19, 26
Mar. 5, 12, 19, 26

9:00am

This less intense aerobic program moves at a slower pace and is inspired by various styles of Latin American dance and performed to all types of music.



Chair Yoga

Instructor: Karen Rosen



Wednesdays Jan. 2, 9, 16, 23, 30
Feb. 6, 13, 20, 27
Mar. 6, 13, 20, 27

12:00 Noon

Nourish your body and mind in this guided stretch using a chair as an extension and support for your body. Increase your mobility and calm your mind. Each class will include guided breathing, inner stillness and relaxation. All poses can be modified to fit all body types. This class can also be done standing.



Body Fit

Instructor: Paulette Smithwick

Thursdays Jan. 3, 10, 17, 24, 31
Feb. 7, 14, 21, 18
Mar. 7, 14, 21, 28

10:15am

Body Fit is a functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and

MEDICAL ADVOCACY

What It Is, Who Can Benefit, Why We Need to Know

When: Tuesday, February 26th
1:30pm

Presenter:

Lucille Plantmoli, RN, MPH, NBC-HWC

Do you feel lost trying to navigate the healthcare system? Join us as we learn how the healthcare system is continually changing due to the increasing complexity and advancements in medicine and treatments. A patient advocate can help you overcome the intricacies and assist you in navigating the system.

Lucille Plantmoli has been a registered nurse for 40 years in various facilities including acute care hospitals in NYC & NJ in both staff nursing & leadership positions.

She is currently working as a patient advocate & health & wellness coach.

Pre-registration is requested.



REGISTRATION

Non-members must register in person at the JCC.

Name:

Address:

Phone:

Email:

- Member - Free
- Non-Member - \$45 registration fee thru June 2019

Exercise Class:

- Chair Yoga
- Body Fit
- Zumba Gold
- Tai Chi

Lecture:

- Medical Advocacy