

# LIVE WELL @ THE JCC

# TAI CHI

We are very happy to welcome a new Tai Chi instructor. Bob Matland is a resident of Edison and is the owner of the Black Belt Institute in Metuchen. Bob has been teaching Tai Chi since 1999 after receiving instruction from 4 different Master and Grand Master instructors. Bob enjoys teaching Tai Chi to all members of the community and understands the importance of this form of exercise for the older adult.

**INSTRUCTOR:  
BOB MATLAND**

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.



**DATE: MONDAYS MAY 7, 14 JUNE 4 & 11 (No class May 21 & 28)**  
**TIME: 9:00 AM**  
**COST: FREE FOR Community Campus members; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through June 11, 2018.**

***MUST REGISTER!***

*Sorry, No Refunds*

***Program available to individuals 55 years of age and older***



Jewish Community Center of Middlesex County  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
www.jccmc.org

# LIVE WELL @ THE JCC

# ZUMBA GOLD

**Instructor: Rachel Scott**

Zumba Gold is geared towards the active older adult and the deconditioned exerciser. It is less intense and moves at a slower pace. This aerobic program is inspired by various styles of Latin American dance and performed to all types of music.



**DATE:** TUESDAYS May 8, 15, 22, 29 June 5 and 12 *(no class May 1st)*  
**TIME:** 9:00 AM  
**COST:** FREE FOR Community Campus members; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through June 12, 2018.

***MUST REGISTER!***

*Sorry, No Refunds*

***Program available to individuals 55 years of age and older***



Jewish Community Center of Middlesex County  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
[www.jccmc.org](http://www.jccmc.org)

# LIVE WELL @ THE JCC

## CHAIR YOGA

**INSTRUCTOR: Karen Rosen**



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 and inner stillness and relaxation. All poses can be modified to fit all body types. For your comfort please wear loose, comfortable clothing. This class can also be done standing.

*Karen Rosen has been a registered Yoga instructor since 1995. She is a member of the International Association of Yoga Therapists. She enjoys bringing the many benefits of yoga to all.*

**DATE: WEDNESDAYS May 2, 9, 16, 23, 30 June 6 and 20 (No class 6/13)**  
**TIME: 12:00 NOON**  
**COST: FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Registration Fee for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through June 20, 2018.**

***MUST REGISTER!!!***

*Sorry, No Refunds*

***Program available to individuals 55 years of age and older***



Jewish Community Center of Middlesex County  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
[www.jccmc.org](http://www.jccmc.org)

# LIVE WELL @ THE JCC

# BODY FIT

Instructor: Paulette Smithwick



BODY FIT is a functional fitness class to slow down the aging process and increase strength, bone and muscle density, balance, coordination and flexibility. Class will include the use of weights and resistance bands.

**DATE:** THURSDAYS May 3, 10, 17 24, 31 June 7 and 21 *(No class 6/14)*

**TIME:** 10:30 AM

**COST:** FREE for Community Campus Member; \$45 LIVE WELL @ the JCC Membership for non-members entitles one to attend all LIVE WELL @ the JCC Wellness classes through June 21, 2018.

***MUST REGISTER!!!***

*Sorry, No Refunds*

***Program available to individuals 55 years of age and older***



Jewish Community Center of Middlesex County  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
www.jccmc.org

# LIVE WELL @ THE JCC

# Sculpt Your Body

**NEW INSTRUCTOR: Lynet Freeman,  
ACE Certified (American Council on Exercise)  
Group Fitness Instructor**

**Sculpt your Body**  
involves toning all parts of  
your body in a fun,  
challenging and rewarding  
way!



**DATE:** TUESDAYS May 1, 8, 15, 22, 29 June 5, 12, 19 and 26  
**TIME:** **7:00 PM**  
**COST:** **FREE for Community Campus Member;**  
**\$45 LIVE WELL @ the JCC Registration Fee for non-members**  
**entitles one to attend all LIVE WELL @ the JCC Wellness**  
**classes through June 26, 2018.**

***MUST REGISTER!!!***

*Sorry, No Refunds*

***Program available to individuals 55 years of age and older.***



Jewish Community Center of Middlesex County  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
[www.jccmc.org](http://www.jccmc.org)

# LIVE WELL @ THE JCC



## Discover your perfect “fit.” Attend a **FREE** CarFit Checkup!

CarFit is a FREE, interactive and educational program that teaches participants how to make their personal vehicle “fit” them to increase safety and mobility when they hit the road.

- > Review 12 key areas of your fit to your car such as adequate space from the steering wheel, proper seat belt use, and properly adjusted head restraints.
- > Learn how to use and adjust your safety devices.
- > Each checkup takes about 20 minutes—this is not a driving test or mechanical inspection.

**To schedule your 20-minute appointment, please call the appropriate number listed on the right. Appointment spaces are limited, so don't wait!**

For more information, visit [www.car-fit.org](http://www.car-fit.org).

### CarFit Event

**Wednesday, June 20**  
**Rain Date: Friday, June 22**  
**10:00 AM—12:00 Noon**

**JCC of Middlesex County**  
**1775 Oak Tree Road**  
**Edison, NJ 08820**

**Please call 732-494-3232 to schedule your appointment**

**MUST REGISTER**  
**by**  
**JUNE 19, 2018**

*CarFit is an educational program developed by AAA, AARP, and the American Occupational Therapy Association.*

Jewish Community Center of Middlesex County

1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
[www.jccmc.org](http://www.jccmc.org)



# LIVE WELL @ THE JCC

## SLEEP ISSUES AS WE AGE

**Presenter: Dr. Umma Kulsum**



**Do you snore? Learn about the warning signs of sleep disorders as we age: the who, what, whys and how to treat these issues.**

Dr. Kulsum is doing her fellowship at JFK Neuroscience Institute specializing in sleep medicine.



**DATE: TUESDAY, MAY 15, 2018**  
**TIME: 1:30 PM**  
**COST: FREE and OPEN TO THE COMMUNITY AS SPACE ALLOWS**

*Pre-Registration Recommended*



Jewish Community Center of Middlesex County  
1775 Oak Tree Road  
Edison, New Jersey 08820  
732-494-3232  
[www.jccmc.org](http://www.jccmc.org)