

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

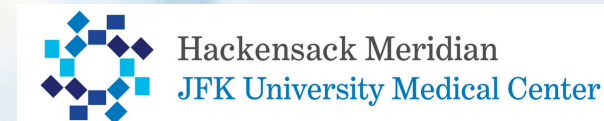
FITNESS focuses on prevention by decreasing your risk for chronic diseases such as Diabetes, Osteoporosis, Hypertension and Heart Disease.

HEALTH promotes the length and quality of your life by interacting with your environment in a positive manner and making educated 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.

This program is generously supported by



Non-members must pay a **Live Well @ the JCC** registration fee of \$60, which entitles them to participate in all **Live Well** programs through June 2025.

LECTURES

Free & Open to the Community
In Person Only

Advance Registration Requested

ON THE ROAD TO DRIVER SAFETY
TUESDAY, APRIL 28 @ 1:30PM

PRESENTER: Tracy Nerney, RN
Trauma Prevention Coordinator

Join us for an educational presentation on the importance of driver safety. Discover tips on how to become a better driver & how not wearing seat belts, visual distractions, drowsy driving speeding and more can impact your life, as well as others.

APRIL
28

STROKE AWARENESS, FOLLOWED BY WELLNESS SCREENINGS
THURSDAY, MAY 28 @ 1:00PM

PRESENTER: Latoya I. Stewart, MSN, RN, Stroke Program Manager, JFK Neuroscience Unit

Learn about the signs, symptoms and risks associated with stroke. Learn why responding fast is a key factor in stroke survival. Free wellness screenings by nurses from Hackensack Meridian Health will follow the presentation and include a stroke assessment.

MAY
28

KNITTING FOR A CAUSE

Knitted items are donated to the following causes:

- Baby blankets to the *NJ Diaper Bank*
- Hats & scarves to the homeless
- Knitted Knockers & lap blankets to JFK Breast Center

Meets the 3rd Tuesday of each month at 10:30 am

April 21
May 19
June 16



SPRING 2026

Apr-June



Developed specifically for individuals 55 and older

FREE
to Edison Community Campus Members

CLASSES

SPRING 2026

Morning Stretch

Instructor: Kathi Gladis

Mondays @ 9:15am

April 6, 13, 20, 27

May 4, 11, 18 NO CLASS May 25

June 1, 8, 15, 22

Rise, Shine & Stretch! A gentle stretch & mobility class to start your day. The class will also include simple Tai Chi movement and balance work.

Body Fit

Instructor: Angela Doerr

Mondays @ 10:15am

April 6, 13, 20, 27

May 4, 11, 18 NO CLASS May 25

June 1, 8, 15, 22

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

**QUESTIONS ABOUT
LIVE WELL @ THE JCC
CONTACT
KATHI GLADIS
Program Coordinator
kgladis@jccmc.org
732.593.5966**

Zumba Gold

Instructor: Laurie Fechter

Tuesdays @ 9:00am

April 7, 14, 21, 28

May 5, 12, 19, 26

June 2, 9, 16, 23

A modified Zumba class that recreates the moves you love at a lower intensity. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

Chair Pilates

Instructor: EJ Djeu

Tuesdays @ 11:30am

April 7, 14, 21, 28

May 5, 12, 19, 26

June 2, 9, 16, 23

This class emphasizes spinal and pelvic alignment, developing a strong core and improving coordination and balance

Line Dancing

Instructor: Sari Levine

Wednesdays @ 9:00am

April 1, 15, 22, 29 NO CLASS April 8

May 6, 13, 20, 27

June 3, 10, 17, 24

Line Dancing is a low impact cardio activity that produces heart benefits & enhances muscle tone in a fun & friendly environment!

NEW

Chair Yoga

Instructor: Karen Rosen

Wednesdays @ 12:00pm

April 1, 15, 22, 29 NO CLASS April 8

May 6, 13, 20, 27

June 3, 10, 17, 24

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 includes guided breathing, inner stillness and relaxation. All poses can be modified to fit all body types. This class can also be done standing.

Retro Low Impact Aerobics

Instructor: Kathi Gladis

Thursdays @ 8:30am

April 16, 23, 30 NO CLASS April 2, 9

May 7, 14, 21, 28

June 4, 11, 18, 25

A great low impact (no jumping) cardio workout designed to improve heart health, endurance, balance and range of motion. Low impact dance moves performed to retro hits from the 60s, 70s & 80s.

Stretch, Strength & Mobility

Instructor: Angela Doerr

Fridays @ 10:00am

April 10, 17, 24 NO CLASS April 3

May 1, 8, 15, 29 NO CLASS May 22

June 5, 12, 19, 26

A body conditioning class that will increase hip & leg strength through body weight exercises, improve balance and improve flexibility & mobility. All exercises will be done standing.

Registration

Name :

Address :

Phone :

Email :

**Edison Community Campus Members - Free
Non-Members - \$65 registration fee through
June 2026**

Exercise Classes:

- Chair Yoga
- Body Fit
- Zumba Gold
- Morning Stretch
- Chair Pilates
- Retro Low Impact Aerobics
- Line Dancing
- Stretch, Strength & Mobility

Lectures:

- Driver Safety
- Stroke Awareness

