***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

healthcare quality strategies foundation

Hackensack Meridian JFK University Medical Center

Non-members must pay a ***Live Well @ the JCC*** registration fee of $65, which entitles them to participate in all *Live Well* programs through June 2027.

LECTURES

Free & Open to the Community
In Person Only
Advance Registration Requested

EVERYDAY MOVEMENT EDUCATION
TUESDAY, SEPT. 22 @ 1:30PM

PRESE NTER: Dean Kapatanakis MSPT, Cert.MDT

SEPT 22

Watching TV? Reading? Cooking? Cleaning? Learn how these activities of daily living can negatively impact our bodies, including posture Learn to move mindfully and also learn exercises you can perform at home to prevent injury.

COMPLICATIONS OF DIABETES
THURSDAY, NOV. 12 @ 1:30PM

PRESE NTER: Harry Samamiego, Certified Health Educator

NOV 12

Diabetes is a chronic disease that affects how your body turns food into energy. Over time, having too much glucose in your blood can cause health problems such as heart disease, nerve damage, eye problems, and kidney disease. Learn about the complications of diabetes and strategies for prevention and management.

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

October 20
November 17
December 15

LIVE WELL @ THE JCC

Programs focused on....

FITNESS
HEALTH
WELLNESS

FALL 2026

Sept-Dec

Jewish Community Center of Middlesex County
"Community is Our Middle Name"

Developed specifically for individuals 55 and older.
FREE
to Edison Community Campus Members

CLASSES FALL 2026

TAI CHI
Instructor: Bob Matland
Mondays @ 9:15am
September 14, 28 NO CLASS 9/7, 21
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7, 14, 21 NO CLASS 12/28
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.

Body Fit
Instructor: Angela Doerr
Mondays @ 10:15am
September 14, 28 NO CLASS 9/7, 21
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7, 14, 21 NO CLASS 12/28
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.

Morning Stretch
Instructor: Kathi Gladis
Mondays @ 11:15AM
October 5, 12, 19, 26
November 2, 9, 16, 23, 30
December 7, 14, 21 NO CLASS 12/28
Rise, Shine & Stretch! A gentle stretch & mobility class to start your day. The class will also include gentle Tai Chi movement and balance work

Retro Low Impact Aerobics
Instructor: Kathi Gladis
Tuesdays @ 8:30am
September 8, 15, 22, 29
October 6, 13, 20, 27
November 3, 10, 17, 24
December 1, 8, 15, 22 NO CLASS 12/29
A great low inmpactn(no jumping) cardio workout designed to improve heart health, endurance, balance & range of motion. Low impact dance moves performed to retro hits from the 60's, 70's & 80's.

Chair Pilates
Instructor: EJ Djeu
Tuesdays @ 11:30am
September 8, 15, 22, 29
October 6, 13, 20, 27
November 3, 10, 17, 24
December 1, 8, 15, 22 NO CLASS 12/29
This class emphasizes spinal and pelvic alignment, developing a strong core and improving coordination and balance

Line Dancing
Instructor: Sari Levine
Wednesdays @ 9:00am
September 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16, 23 NO CLASS 12/30
Line Dancing is a low impact cardio activity that produces heart benefits & enhances muscle tone in a fun & friendly environment!

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

Chair Yoga
Instructor: Karen Rosen
Wednesdays @ 12:00pm
September 9, 16, 23, 30
October 7, 14, 21, 28
November 4, 11, 18, 25
December 2, 9, 16, 23 NO CLASS 12/30
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.

Zumba
Instructor: EJ Djeu
Thursdays @ 9:00am
September 10, 17, 24
October 8, 15, 22, 29
November 5, 12, 19 NO CLASS 11/26
December 3, 10, 17, 24 NO CLASS 12/31
A high energy, low impact dance-based class that combines Latin music & Top 40 hits for a full body workout.

Stretch, Strength & Mobility NEW
Instructor: Angela Doerr
Fridays @ 10:00am
September 11, 18, 25
October 2, 9, 16, 23, 30
November 6, 13, 20 NO CLASS 11/27
December 4, 11, 18 NO CLASS 12/25
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 : .....

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Phone : .....

Email : .....

Edison Community Campus Members - Free
Non-Members - $65 registration fee through June 2027

Exercise Classes:
- ☐ Tai Chi
- ☐ Chair Yoga
- ☐ Body Fit
- ☐ Zumba Gold
- ☐ Morning Stretch
- ☐ Chair Pilates
- ☐ Retro Low Impact Aerobics
- ☐ Line Dancing

Stretch, Strength & Mobility

Lectures:
- ☐ Everyday Movement
- ☐ Complications of Diabetes