

**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 \$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

### SPINAL HEALTH THURSDAY, JAN. 29 @ 1:30PM

PRESENTER: Wylie Lopez, MD, Board Certified Orthopedic Spine Surgeon, OIBorthopedics, a division of OrthoNJ.

An educational overview of common spinal pathologies, how to diagnose them, their management and when to see a spinal surgeon for surgical consultation. It emphasizes that surgery is the last line of defense, with most conditions being managed conservatively.

### UNDERSTANDING ADVANCED DIRECTIVES/ PALLIATIVE VS. HOSPICE CARE TUESDAY, MARCH 24 @ 1:30PM

PRESENTER: Stephanie DePiano, LSW, Social Worker, Palliative Care Department at Hackensack Meridian

Join us for an informative session exploring why Advance Directives are essential in planning for future healthcare needs. Learn the key differences between palliative care and hospice care, and how each supports patients and families during serious illness. This lecture will provide valuable guidance to help you make informed decisions for yourself and your loved ones.

29  
JAN

24  
MAR

## 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

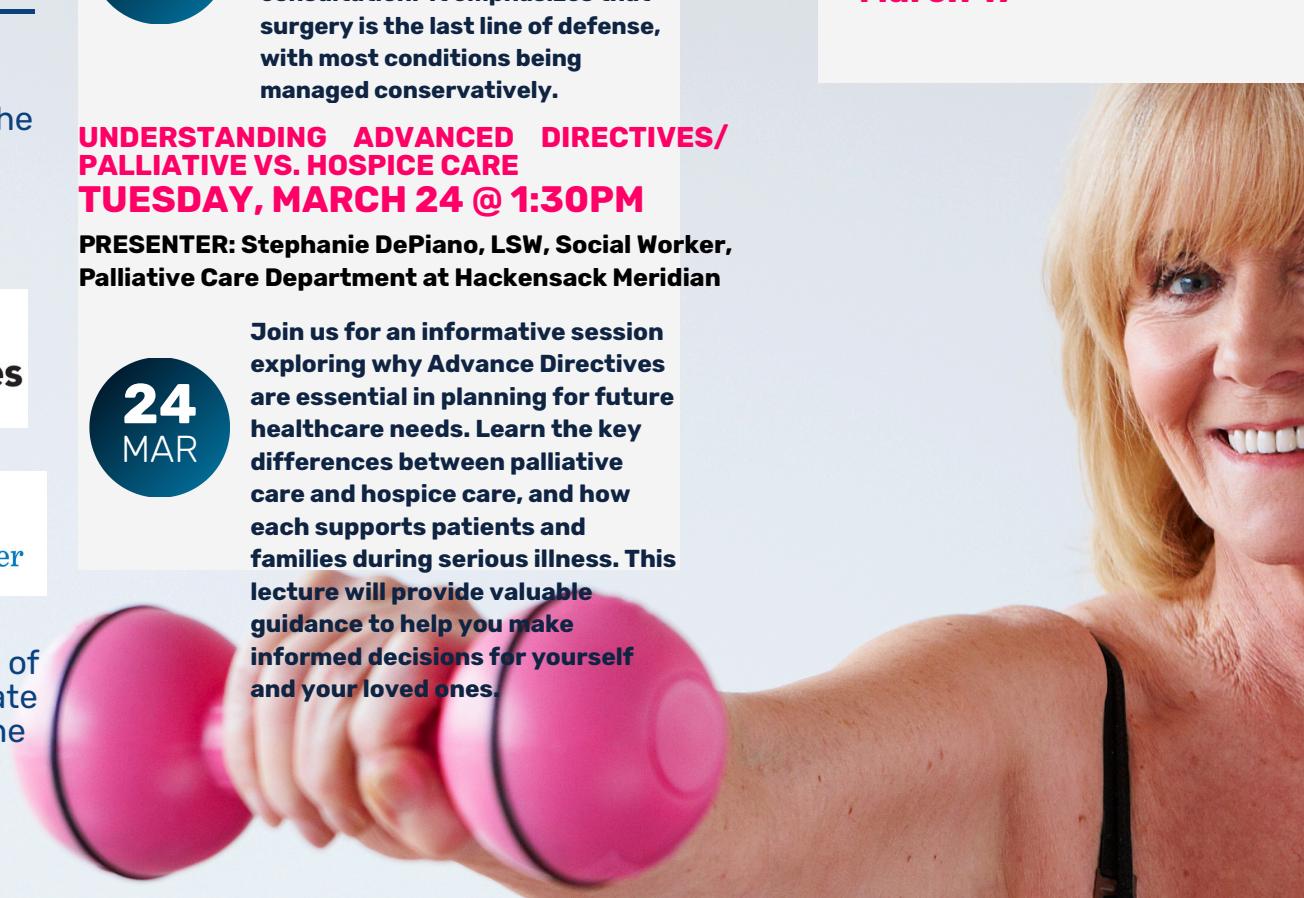
January 13  
February 17  
March 17

Programs focused on....

**FITNESS  
HEALTH  
WELLNESS**

**WINTER 2026**  
**Jan-March**

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



# CLASSES

## WINTER 2026

### Morning Stretch

Instructor: Kathi Gladis  
**Mondays @ 9:15am**  
**January 5, 12, 19, 26**  
**February 2, 9, 16, 23,**  
**March 2, 9, 16, 23**

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**  
**January 5, 12, 19, 26**  
**February 2, 9, 16, 23,**  
**March 2, 9, 16, 23**

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](mailto:kgladis@jccmc.org)**  
**732.593.5966**

### Zumba Gold

Instructor: Laurie Fechter  
**Tuesdays @ 9:00am**  
**January 6, 13, 20, 27**  
**February 3, 10, 17, 24**  
**March 3, 10, 17, 24**

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**  
**January 6, 13, 20, 27**  
**February 3, 10, 17, 24**  
**March 3, 10, 17, 24**

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

### Line Dancing

Instructor: Sari Levine  
**Wednesdays @ 9:00am**  
**January 7, 14, 21, 28**  
**February 4, 11, 18, 25**  
**March 4, 11, 18, 25**

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

### Chair Yoga

Instructor: Karen Rosen  
**Wednesdays @ 12:00pm**  
**January 7, 14, 21, 28**  
**February 4, 11, 18, 25**  
**March 4, 11, 18, 25**

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**  
**January 8, 15, 22, 29**  
**February 5, 12, 19, 26**  
**March 5, 12, 19, 26**

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**  
**January 9, 16, 23, 30**  
**February 6, 13, 20, 27**  
**March 6, 13, 20, 27**

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
- Tai Chi
- Chair Pilates
- Retro Low Impact Aerobics
- Line Dancing
- Stretch, Strength & Mobility

### Lectures:

- Vigilance Against Cybercrime
- Act3 Life Coaching

