



The New Jersey Metro Chapter offers a variety of Wellness programs throughout New Jersey. Below you will find a listing of programs that the Chapter sponsors **and** a second listing of Community Wellness programs that we are aware of and think you might find of interest.

### **Chapter Sponsored Wellness Programs**

For these Chapter programs, you **must** register through the Chapter. Just fill out the form below the listing of Chapter classes.

Yoga and Tai Chi classes are modified so that individuals may perform the movements in a seated or standing position, and the Aquatics class does have a chair lift. Participants may bring a companion or aide to any of the classes to participate or for assistance. There are no fees for these programs, however, if you would like to make a voluntary contribution of \$30, please send it to the Chapter at your convenience.

#### **Bergen County**

**16-Week Program: Tai Chi**      Instructor: Roy Lucianna  
Starting Date: March 17, 2009  
Day/Times: Tuesdays - 2:30 pm to 3:30 pm  
Location: Temple Israel / 475 Grove Street / Ridgewood

#### **Essex County**

**16-Week Program: Aquatics**      Instructor: Joanne Van Dien  
Starting Date: March 30, 2009  
Day/Times: Mondays - 12:00 pm to 1:00 pm  
Location: Caldwell Community Center / 1 Provost Square / Caldwell

**8-Week Program: Yoga**      Instructor: Diane Speer  
Starting Date: March 17, 2009  
Day/Times: Tuesdays – 7:30 pm to 8:30 pm  
Location: Central Presbyterian Church / 460 Park Street / Montclair

#### **Hudson County**

**16-Week Program: Yoga**      Instructor: Martin Bland  
Starting Date: March 19, 2009  
Day/Times: Thursdays - 1:00 pm to 2:00 pm  
Location: Bayonne Jewish Community Center / 1050 Kennedy Blvd / Bayonne

### **Morris County**

**16-Week Program: Tai Chi** Instructor: Roy Lucianna

Starting Date: March 17, 2009

Day/Times: Tuesdays - 4:30 pm to 5:30 pm

Location: Church of the Saviour / 155 Morris Ave / Denville

**8-Week Program: Yoga** Instructor: Diane Speer

Starting Date: April 16, 2009

Day/Times: Thursdays - 7:00 pm - 8:00 pm

Location: Presbyterian Parish House / 65 South Street / Morristown

### **Passaic County**

**16-Week Program: Tai Chi** Instructor: Roy Lucianna

Starting Date: March 17, 2009

Day/Times: Tuesdays - 7:00 pm to 8:00 pm

Location: Packanack Community Church / 120 Lake Drive East / Wayne

### **Sussex County**

**16-Week Program: Tai Chi** Instructor: Loretta Donnelly

Starting Date: March 16, 2009

Day/Times: Mondays - 1:30 pm to 2:30 pm

Location: First Presbyterian Methodist Church of Sparta / 32 Main St / Sparta

**8-Week Program: Yoga** Instructor: Judith Spagnola

Starting Date: April 7, 2009

Day/Times: Tuesdays - 7:00 pm to 8:00 pm

Location: Garden of Life / 205 Route 23 North, Wantage Plaza / Wantage

### **Union County**

**16-Week Program: Yoga** Instructor: Martin Bland

Starting Date: March 18, 2009

Day/Times: Wednesdays - 11:00 am to 12:00 pm

Location: Clark Municipal Building / 430 Westfield Avenue / Clark

### **Warren County**

**16-Week Program: Yoga** Instructor: Judith Spagnola

Starting Date: TBA

Day/Times: Wednesdays - 6:30 pm to 7:30 pm

Location: Great Meadows Middle School / 273 Route 46 / Great Meadows

**To Register for one or more of the Chapter Wellness programs listed on the previous pages, please send this form to us one of three ways**



**By Mail:**

National MS Society  
1 Kalisa Way, Suite 205  
Paramus, NJ 07652  
Attn: Patti



**Fax:** 201-967-7085

**E-mail:** [patti.pasquino@nmss.org](mailto:patti.pasquino@nmss.org)

For questions, call Patti at the Chapter  
1-800-344-4867 / 201-967-5599, ext. 206

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Companion's Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone #: (daytime) \_\_\_\_\_

E-Mail: \_\_\_\_\_

If you are not already, would you like to receive e-mail announcements about the Chapter's programs and events?

\_\_\_\_\_ yes      \_\_\_\_\_ no

Class(es) you are registering for and Town it is located in:

\_\_\_\_\_

Once registered, you will receive a confirmation letter with directions and a waiver.

## **Wellness Programs within the Community**

These programs are not facilitated nor developed by the Chapter or the National MS Society. This list is provided to you as a courtesy.

To learn about the details of any of the programs listed below or to register, please contact them directly.

### **Bergen County**

#### **Center for Modern Dance Education, Inc.**

84 Euclid Avenue

Hackensack, NJ 07601

Contact: 201-342-2989 (NJTTY 800-952-7897) or

e-mail: cmde1962@aol.com / Website: www.cmde.org

#### **Tejase Yoga**

30 North Hillside Place

Ridgewood, NJ 07450

Contact: Penni, 201-488-1600

e-mail: penni@tejase.org / Website: www.tejase.org

#### **Wyckoff Family YMCA - MS Aquatic Therapy Class**

691 Wyckoff Avenue, Wyckoff, NJ 07481

Contact: 201-891-2081

#### **YWCA of Bergen County**

112 Oak Street, Ridgewood, NJ 07450

To find out more about their accessible pool, Contact: Linda Doller, Director of Health and Therapeutic Services, 201-444-5600 x 348.

### **Essex County**

#### **Kessler Institute of Rehabilitation**

#### **Support Group and Wellness Seminars**

1199 Pleasant Valley Way

West Orange, NJ 07052

Contact: The Department of Psychology & Neuropsychology

973-324-3634

(This program is partially funded by the New Jersey Metro Chapter)

#### **Saint Barnabas MS Comprehensive Care Center –**

Wellness Programs

Livingston, NJ 07039

Contact: 973-322-7484

## **Mercer County**

### **Robert Wood Johnson University Hospital Hamilton –**

Various Exercise Programs, ask about working with a trainer who is able to modify exercises if you experience any limitations

3100 Quakerbridge Road

Mercerville, NJ 08619-1658

Contact: 609-584-7600

Website: [rwjhamiltonwellness.com](http://rwjhamiltonwellness.com)

## **Middlesex County**

### **Integral Yoga Institute-Princeton**

MS Healing Circle, Gentle and all level Yoga classes

[www.IYIprinceton.org](http://www.IYIprinceton.org)

613 Ridge Road, Suite 110

Monmouth Junction, NJ 08852

Contact: 732-274-2410

Mondays, 1:00 pm – 2:30 pm

### **Jewish Community Center – Open swim for all disabilities.**

Runs from September – June & must have doctor's note.

\$25 fee per year.

1775 Oak Tree Road

Edison, NJ 08820

Contact: Arlene Cianciulli, 732-574-1042

Tuesdays, 1:00 pm – 2:00 pm

### **JFK Rehabilitation Institute – Fitness & tai chi programs, personal trainers. Prices vary for programs.**

65 James St

Edison, NJ 08818

Contact: Fitness Center, 732-632-1610

## **Monmouth County**

### **Centra State - 12 week wellness program & graduate program**

901 West Main Street

Freehold, NJ 07728

Contact: Ruth Memoli, Wellness Coordinator, 732-637-6334

(This program is partially funded by the New Jersey Metro Chapter)

### **Health Awareness Center – Yoga for people with MS \$60 for a 6 week session**

Star and Barry Tobias Ambulatory Campus

901 West Main Street

Freehold, NJ 07728

Contact: 732-308-0570

Mondays, 6:00 pm – 7:15 pm & 1:30 pm – 2:30 pm

**Heart & Soul Holistic Center** – Yoga Classes for people with MS,  
\$15 per class  
1613 Main Street  
South Belmar, NJ  
Contact: Instructor, Vinnie, 732-681-8508  
Mondays, 11:15 am

**Mullaney Associates PT** – Yoga Classes  
127 Main St Suite E  
Matawan, NJ 07747  
Contact: Barbara Sager, 732-842-4000, ext. 1  
Tuesdays, 7:00 pm – 8:00 pm

**Red Bank YMCA** – Chair Yoga for limited mobility, \$60 for 8 week session. Please note: There are 2 steps to get into the room.  
166 Maple Ave  
Red Bank, NJ 07701  
Contact: 732-741-2504  
Tuesdays, 11:30 am – 12:15 pm, 8 week sessions

**SCAN Learning Center** – Exercise for people with Special Needs. A \$4 registration fee for individuals who are SCAN members. Must have doctor's written recommendation.  
Monmouth Mall  
180 Route 35 South  
Eatontown, NJ 07724  
Contact: Beth Stamp, 732-542-1326, ext. 14 or visit [www.scannj.com](http://www.scannj.com)  
Tuesdays & Thursdays, 11:00 am – 12:00 pm

**Sunnyside Recreation Area** – Yoga for limited mobility, \$120 for 12 1-hour sessions  
628 Middletown-Lincroft Road  
Lincroft, NJ 07738  
Contact: Barbara Sager, 732-842-4000, ext. 1  
Mondays, 12:00 pm – 1:00 pm & Wednesdays 12:00 pm – 1:00 pm

**Yoga Suite About You Chiropractor** – Gentle Yoga Classes  
557 South Atlantic Ave  
Aberdeen, NJ 07747  
Contact: Barbara Sager, 732-583-0602, [www.yogasuite.net](http://www.yogasuite.net)  
Wednesdays, 6:30 pm – 7:45 pm

**YMCA of Western Monmouth County / Freehold YMCA** –

Swim for those with MS. Program runs September - June. No fee.  
470 E. Freehold Road  
Freehold, NJ 07728  
Contact: Adda Germann, 732-833-0106  
Tuesdays, 1:00 pm – 3:00 pm (Pool Time 1:30 pm – 2:30 pm)

### **Ocean County**

**Fit For Sure** – Variety of exercises, chair exercise bands, stretching & more. \$6.25 per class or \$35 per month unlimited.  
541 Liberty Way  
Lanoka Harbor, NJ 08734  
Contact: Lorna Thomas or Linda Petillo, 732-237-2011  
Tuesdays & Thursdays, 9:30 am, 10:30 am, 3:30 pm & 6:00 pm

**Toms River Fitness Center** – Aquatic therapy swim program facilitated by a Physical Therapist. Must have doctor sign release form. No fee.  
213 Route 37 East  
Toms River, NJ 08753  
Contact: Carol Buckwalter, 732-330-3935  
Fridays, 1:00 pm – 2:00 pm

**Toms River YMCA** – Therapeutic Chair Yoga for limited mobility, \$55 for basic membership & \$69 for 10 week session.  
1088 West Whitty Rd  
Toms River, NJ 08755  
Contact: Terry, 732-341-9622  
Wednesdays, 10:40 am – 11:40 am (10 week session)  
Wednesdays, 6:30 pm – 7:30 pm (9 week session)

**Toms River YMCA** – Open swim for all disabilities. Must be approved by aquatics instructor at YMCA, and be able to assist yourself or bring a companion to assist you. No fee.  
1088 West Whitty Rd  
Toms River, NJ 08755  
Contact: Aquatics Coordinator, Mary Ann McCormick, 732-341-9622, ext. 4210  
Mondays & Fridays, 11:00 am – 12:00 pm

### **Passaic County**

Starlight Farm, LLC – Hippotherapy  
97 Ricker Drive  
Ringwood, NJ 07456  
Phone: 973-728-6376

Fax: 973-728-4541  
Starlightfarm@optonline.net

## **Programs in Multiple Counties**

### **Kessler Institute for Rehabilitation Health and Fitness Centers**

Programs are available at Kessler Institute for Rehabilitation outpatient departments and are open to the general public.

Contact: 1-888-KESSLER

### **S.W.I.M., Inc. – Specialized Water Interest Movement**

This is a recreational swim program that has seven locations listed below - for application information call, 908-685-0040

#### **Cape May County**

Wildwood Crest Swim Center

8800 New Jersey Avenue

(609) 522-0084

Thursdays, 10:00 am -11:00 am; social hour until 12:00 pm

Herb & Jean Kammer - (609) 884-4904

#### **Hunterdon County**

Flemington Deer Path YMCA

144 W. Woodschurch Road

(908) 782-1030

Fridays, 10:00 am -10:45 am; social hour until 12:00 pm

Chapter Coordinator: Eleanor Kover, 732-560-0582

*\*YMCA Contact: Marianna Bunce, 908-782-1044 Ext. 639*

#### **Morris County**

Madison YMCA

111 Kings Road

Madison, NJ

973-377-6200

Mondays, 1:00 pm – 2:00 pm; no social hour

Chapter Coordinators: Barbara Medina, 973-635-8869 &

Dick Enright, 973-543-0036

Morris Center: Cedar Knolls YMCA

79 Horsehill Road

Cedar Knolls, NJ

973-267-0704

Thursdays, 1:30 pm – 2:30 pm; social hour until 3:30 pm

Chapter Coordinators: Josie Mendez, 973-887-7835 &



Adassa Wright , 973-734-1978

West Morris/Randolph YMCA  
14 Dover-Chest Road  
Randolph, NJ  
973-366-1120

Tuesdays, 11:30 am – 12:30 pm; no social hour

Chapter Coordinator: Maria Mangrella; unlisted, call the YMCA

### **Somerset County**

Bridgewater - Somerset Valley YMCA  
601 Garretson Road  
(908) 526-0688

Wednesdays, 10:00 am - 11:00 am; social hour until 11:30 am

Bob Stricker, 908-658-3737

1:00 pm -2:00 pm; social hour until 2:30 pm

Chapter Coordinators:

Margery Borysewicz, 732-271-5129

Helene Blum, 908-369-4092

John Ryan, 732-968-2615

### **Sussex County**

Sussex County YMCA  
Hardyston, NJ

Mondays, 1:00 pm - 2:00 pm; social hour 2:00 pm - 3:00 pm

Chapter Coordinator: Bob Hopkins, Sussex County Coordinator for SWIM, Inc. at 973-729-3686 or swimsmart@yahoo.com

### **Union County**

Fanwood/Scotch Plains YMCA  
1430 Martine Avenue  
Scotch Plains, NJ  
908-526-0688

Thursdays, 1:00 pm – 2:00 pm; social hour 2:00 pm - 3:00 pm

Chapter Coordinator: Lorraine Squires, 908-232-2480