

Wellness Programs for Fall and Winter 2008 - 2009

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:

You **must** register through the Chapter. Contact the Patti at the Chapter office, 201-967-5599, extension 206, or patti@njb.nmss.org 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. Once registered, you will receive a confirmation letter with directions and a waiver. 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: September 9, 2008
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: September 15, 2008
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: October 21, 2008
Day/Times: Tuesdays – 7:00 pm to 8:00 pm
Location: Vincent's United Methodist Church / 100 Vincent Place /
Nutley

Hudson County

16-Week Program: Yoga Instructor: Martin Bland
Starting Date: September 11, 2008
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: September 9, 2008

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: October 23, 2008

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: September 9, 2008

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: September 8, 2008

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: October 14, 2008

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: September 10, 2008

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: September 10, 2008

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

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

Wellness Programs within the Community:

These programs are not run by the Chapter. To learn about the details of any of the programs listed below, 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

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

Saint Barnabas MS Comprehensive Care Center –

Wellness Programs

Livingston, NJ 07039

Contact: 973-322-7484

Middlesex County

Integral Yoga Institute Princeton – “Healing Circle” Yoga for people with disabilities, can do exercises in a seated position.

613 Ridge Road, Suite 110

Monmouth Junction, NJ 08852

Contact: 732-274-2410

Mondays, 1:00 – 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 – 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
901 West Main Street
Freehold, NJ 07728
Contact: Ruth Memoli, Wellness Coordinator, 732-637-6334

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 – 7:15 pm & 1:30 – 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 – 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

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 – 1:00 pm & Wednesdays 12:00 – 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

Wednesdays, 6:30 – 7:45

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 – 3:00 pm (Pool Time 1:30 – 2:30)

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 – 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 – 11:40 am (10 week session)

Wednesdays, 6:30 – 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

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, 10:00-11:00; social hour until 12:00

Herb & Jean Kammer - (609) 884-4904

Hunterdon County

Flemington Deer Path YMCA

144 W. Woodschurch Road

(908) 782-1030

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

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 – 2:00; 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 – 2:30; social hour until 3:30

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 – 12:30; no social hour

Chapter Coordinator: Maria Mangrella; unlisted, call the YMCA

Somerset County

Bridgewater - Somerset Valley YMCA

601 Garretson Road

(908) 526-0688

Wednesdays,

AM 10:00-11:00; social hour until 11:30

Bob Stricker, 908-658-3737

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

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

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 – 2:00; social hour 2:00 - 3:00

Chapter Coordinator: Lorraine Squires, 908-232-2480