

SENIOR PROGRAMS

Senior Community Table- Retired? Free for lunch? Haddon Heights Senior Citizens have been meeting at a Community Table in our local restaurants for a year now! What's a Community Table? A long table where people come for lunch, sit together, order from the regular menu, pay their own bill and socialize with new and old friends. The Haddon Heights Senior Citizens group will meet at the Community Table anytime between 11:30 a.m. and 1:30 p.m. at the following Haddon Heights restaurants. Please join us! For more information, call Councilwoman Rose Fitzgerald at 547-3950.

October 4 th	Kunkel's Restaurant	November 8 th	Kunkel's Restaurant
October 11 th	Village Cheese Shop	November 15 th	Village Cheese Shop
October 18 th	Station House Restaurant	November 22 nd	Station House
October 25 th	Anthony's Restaurant	November 29 th	Anthony's Restaurant

DINNER Sunset Community Table at Elements Café
Thurs., October Seating between 4:30 - 5:00 p.m.

Fall Dinner-

Bridge Club- All Seniors are welcome to join our new Bridge Club. Enjoy good company and a good game! Come join the already thriving Bridge Club.

2nd & 4th Tuesday of the month
Dates: 10/11, 10/25 & 11/8 & 11/22
Time: 12:30 – 3:00 p.m.

Location: Senior Room, Community Center
NO COST

Mah-Jongg- a game of Chinese origin using 144 small tiles bearing various designs, played by four people around a square table. The winning player is the first one who completes a particular pattern using 13 tiles. All experienced players are welcome!

Friday afternoons AT 10/7, 10/14, 10/21, 10/28 & 11/4, 11/11, 11/18, 11/25
Time: 12:30 – 2:30 p.m.

COMMUNITY CENTER · Senior Room, NO COST

Come Learn How to Play Mah-Jongg- Come learn how to play this fun game. Once you know how to play, feel free to join in the popular Mah-Jongg group that meets every week.
Instruction Dates: 10/3, 10/10, 10/17, 10/24 & 10/31, Mondays at 12:30 p.m.

COMMUNITY CENTER · INSTRUCTORS: Irene Buechlein and Jim Cope · NO COST

Fall Festival- Welcome fall and celebrate with a vast array of fine crafts, Corvettes, food and entertainment. Talented artists and crafters from the tri-state area will come and wow you with unique gift and home ideas that capture even the most discriminating tastes!

Saturday, October 1st, Station Avenue

Men's Cards and Coffee-

Thursday mornings, 9:30 a.m.

Location: Senior Room, Community Center
NO COST

*If Interested, please contact Kelly Santosusso at 856-546-2585

REGISTRATION IS ACCEPTED IN PERSON OR BY MAIL

- Don't wait to register! Delay may cause programs to be canceled due to insufficient enrollment.
- Programs are filled on a first come, first serve basis
- You may register ONLY family members living in the same house to receive resident rate.
- Full payment is due at the time of registration; classes will not be pro-rated if you enroll past start date
- Prices, Dates, Times and class limits are subject to change. Although we do our best to avoid this, facility availability or unavoidable circumstances may necessitate change.
- To register, Please make sure all information for each participant is complete; Please use one registration per participant.
- Photographs may be taken during your program. They will be posted on our website or used in Borough Publications. You must notify us in writing if you prefer not to be photographed.
- Please be sure to include your e-mail address as we will send out notifications of location changes and/or cancellations via e-mail.
- We accept Check or Cash
- Haddon Heights Borough reserves the right to cancel any programs due to insufficient participation. On the occasion a program is cancelled, a full refund will be given in the form of a check. Please allow 2-3 weeks for refund. We do not issue cash refunds.

Registration Form

FULL NAME: _____
 ADDRESS: _____
 TOWN, STATE, ZIP: _____
 HOME PHONE: _____
 CELL: _____
 E-MAIL: _____
 PROGRAM: _____
 SESSION: _____ FEE: _____

Registration Form

FULL NAME: _____
 ADDRESS: _____
 TOWN, STATE, ZIP: _____
 HOME PHONE: _____
 CELL: _____
 E-MAIL: _____
 PROGRAM: _____
 SESSION: _____ FEE: _____

Please submit one registration form per person/program. Please make checks payable to the Borough of Haddon Heights. Please pay by mail or bring completed form and payment to:

Borough of Haddon Heights
 625 Station Avenue
 Haddon Heights, NJ 08035



Fall Programs

FITNESS •
 KIDS & TEENS • NUTRITION •
 ADULT EDUCATION • SENIOR
 PROGRAMS

FITNESS FOR ALL AGES

Zumba– Come join the party! Move fast, have fun and burn lots of calories. ZUMBA is a Latin Flavored dance/fitness program that combines musical rhythms and dance steps to tone and sculpt the entire body. Fun, fun and more fun! This is usually a full class, so sign up early!

11/14/11 - 12/21/11, Monday & Wednesday at 6:00 p.m. 6 weeks, 12 classes

INSTRUCTORS: ALLY DITILLIO (MON.) & DARA PATRUSKY (WED.)

11/15/11 - 12/22/11, Tuesday & Thursday at 7:15 p.m.

INSTRUCTOR: ALLY DITILLIO, (6 weeks), 11 classes

* NO CLASS ON THANKSGIVING, 11/24

Fee: \$60 /resident \$65 /non-resident · One night option: \$30 / resident \$35 /non-resident

ALL ZUMBA CLASSES ARE HELD IN THE COMMUNITY CENTER

Zumba Gold– beginner's level of aerobic dance which breaks down the step work of ZUMBA. It uses the same great Latin music and easy dance moves as the original ZUMBA, but at a lower intensity. The non-stop fun will burn calories, fat and sculpt the entire body!

11/16/11 - 12/21/11 (6 weeks), 6 classes

Wednesday evenings at 7:15 p.m.

Fee: \$30 /resident \$35 /non-resident

COMMUNITY CENTER · INSTRUCTOR · DARA PATRUSKY

Zumba Toys for Tots Holiday Bash!

Enjoy a free exhilarating Zumba class and stay for the holiday after party. Bring your favorite snack and beverage to share with your friends. Instruction by Ally Ditillio. Our

Community Center is asking for an unwrapped toy from each participant to be donated to needy children in our area. Wear your most festive red and your Santa hats for pictures!

Friday, 11/11/11 at 6:00 p.m., R.S.V.P. to Allykat2504@aol.com

Core/Toning– Do you want firmer abs and a stronger back? Enjoy full-body toning with a focus on core– your body's foundation. Challenge your body with the latest exercise routines set to motivating music. Please bring a sticky mat and water. Wear proper gym shoes.

11/14/11 – 12/19/11 (6 weeks), 6 classes

Monday evenings at 7:30 p.m., Fee: \$50/ resident \$55/ non-resident

CABIN · INSTRUCTOR · AASE 'OH-SUH' DEAR

Tai Chi- The ancient art of Tai Chi includes rhythmic stretching patterns, gentle movement and coordinated breathing. Tai Chi has been shown to improve balance, flexibility and muscle strength which leads to increased well-being, energy, endurance and agility.

11/7/11 - 12/19/11 (7 weeks), 7 classes

Monday mornings at 11:30 a.m. Fee: \$50 /resident \$45 /non-resident

COMMUNITY CENTER · INSTRUCTOR: MORRIS SIEGEL, R.N., M.A.

Pilates– uses a mind-body method; concentrated breathing is in connection with each muscle movement. Pilates focuses on improving posture & developing strong, elongated muscles. Thursday mornings at 9:15 a.m.

10/2011 - 12/15/11 (9 weeks, 7 classes), NO CLASS THANKSGIVING, 11/24 & 11/10

INSTRUCTOR: JEN O'TOOLE · CABIN

YOGA Vinyasa Flow- Connecting movement with breath. An eclectic mixture of physical postures, breath, sound and concentration. Instructor will guide the students through a flowing class of postures that will both challenge and inspire. Please bring a sticky mat and water.

Wear loose comfortable clothing.

11/9/11 - 12/21/11, (7 weeks), 7 classes

Wednesday evenings, 7:30 p.m.

Fee: \$45/ resident \$50/ non-resident

CABIN · INSTRUCTOR: LETICIA EBNER

Hi/Lo Athletic Cardio– Need more cardio in your life but hate running? Never fear, Hi/Lo Cardio is here! Work up a great sweat to energizing music as you train hard like an athlete– no matter what fitness level you're at! Class is 40 minutes of intense cardio, 15 minutes of challenging strength exercise, and 5 minutes of recovery stretches. Bring a towel, water, yoga mat and running shoes with good support

11/8/11 - 12/20/11, 7 weeks, (7 classes)

Tuesday evenings at 6:00 p.m.

Fee: \$45/ resident \$50/ non-resident

COMMUNITY CENTER · INSTRUCTOR: AASE 'OH-SUH' DEAR

Basic Self Defense– In today's world, it is important to know how to protect yourself. Learn basic self defense moves will be taught such as how to get out of wrist grabs, front chokes, rear chokes, bear hugs and collar grabs. Empower yourself by signing up!

10/11/11, 7:00 p.m.– 8:30 p.m.

Tuesday evening

Fee: \$12/ resident \$15/ non-resident

CABIN · INSTRUCTOR: OFFICER LOU BASELICE

KIDS & TEENS

Mommy & Me- Bring your toddler and enjoy some time without the distractions of home.

Play enjoyable games with other mommies and their children. A great way to have your child begin to interact with peers. Introduces children to benefits of exercise. If you have a toddler, don't miss this class! 10/18/11 - 12/13/11 8 weeks, (8 classes)

Tuesday mornings at 11:00 a.m., Fee: \$45 /resident \$50 /non-resident

COMMUNITY CENTER · INSTRUCTOR: LETICIA EBNER

Multi-Media Art for Kids!-Are your children looking for a creative outlet to express themselves? Children of all ages will explore many different styles and techniques...chalk pastel drawings, panel paintings, metal embossing, illuminated letters & recycled plastic collages. 10/25/11 - 11/22/11, 5 weeks, Tuesdays at 4:30 · CABIN · INSTRUCTOR: JOANNE LOFTUS
Fee: \$35 /resident \$40 /non-resident

Hip-Hop-This 8 week workshop will cover all of the elements of Hip Hop dance. Students will learn Popping, Locking, Waving, Old School, New School, basic Breakin' techniques, and House dance. This class is open to all levels of experience and is taught by an instructor who has been featured on *BET*, "*So You Think You Can Dance*," and "*Step Up 3*". Come out and turn your Hip Hop swag on!! Not limited to kids/teens. Friday afternoons at 4:00 p.m.

11/11/11 - 12/16/11, 6 weeks, (6 classes)

Fee: \$40 /resident \$45 /non-resident

COMMUNITY CENTER · INSTRUCTOR: RICKY "GLITCH" EVANS

ADULT EDUCATION

Fall Gardening-now is the time to get your garden in shape for the winter for a quicker and easier start next spring; fall clean-up, lawn care, end-of-season planting and winter pruning. You will learn about high impact, low maintenance garden projects you can do yourself.

Some beautiful and tough plants that can face our crazy climate without a lot of pampering. 10/25/11, CABIN · INSTRUCTOR: ROBIN POTTER, horticultural educator, Camden County Master Gardener and member of the Haddonfield Shade Tree Commission.

Fee: \$10/ resident \$12/ non-resident

Stained Glass-You can be creative! Learn the techniques of cutting, foiling and soldering. You will complete a 15 x 18 panel with the option of using color and leaving clear. Instructor will supply several patterns to choose from.

11/29/11 - 1/24/12, 9 weeks, 8 classes · INSTRUCTOR: BILL MARKS · CABIN

NO CLASS ON 12/27/11 Fee: \$55 /resident \$60 /non-resident

What's Your Carbon Footprint?- overview of sustainability and greenhouse gases, followed by an interactive analysis of your household carbon footprint. Discover ways to reduce carbon emissions and save money in the process!

11/3/11, 7:00 - 8:30 p.m. · CABIN

INSTRUCTOR: Robert LaCerra, P.E., member of Sustainable Haddon Heights

'Actions You can take after the Great Recession: Lessons Learned'

If you're looking for help navigating today's challenging markets and economy, then you need to attend our timely and informative workshop. Topics covered will include: Finding investing opportunities in today's markets, keeping emotions from affecting your financial decisions; getting back on track towards meeting your financial goals.

10/20/11, 7:00 - 8:30 p.m. · CABIN · INSTRUCTOR · Mark Lose, CFP, CRPC

Medicare & Reverse Mortgages Explained

Medicare & you in 2011; explains coverage choices, Parts A, B, C & D & changes in 2011. Learn the truth about FHA insured reverse mortgages should I stay in my home or not? Learn what you can receive from a reverse mortgage and what the costs are. This class is informative to relatives looking to help family members.

Fee: \$10 /resident \$12 /non-resident Thursday, 11/10/11, 7:00 - 9:00 p.m.

CABIN · INSTRUCTORS: Rich Lipko & Angel Rosario

Learn to Play Mah-Jongg- Mah-Jongg is a game of Chinese origin using 144 small tiles bearing various designs, played by four people around a square table. The winning player is the first one who completes a particular pattern using 13 tiles. Lots of fun! Mon. evenings 10/17/11 - 11/22/11, 7:30 p.m. COMMUNITY CENTER · INSTRUCTOR: Irene Buechlein
Fee: \$10 /resident \$12/ non-resident

NUTRITION

Eating for Energy- How many of us know three foods that can give us energy but aren't eating them? Come join us and learn how to obtain an abundance of energy and vitality through foods. Learn what foods are best to eat to increase your energy without the aid of stimulants such as caffeine and sugar, etc. We'll explore 'Superfoods' and how to incorporate them into our everyday life. 10/27/11, 7:00 – 8:00 p.m.

Fee: \$12 /resident \$15 /non-resident CABIN · INSTRUCTOR: BRENDA MASI, CERTIFIED NUTRITION & WELLNESS CONSULTANT