FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PROGRAM HOUSE SCHEDULE

ON THE HILL AT THE RANDOLPH YMCA

Eff. Sept. 11
Subject to change.

Key:
PH=Program House
LR=Living Room
Gym=Program House Gym
RR=Rec Room
PWP=People with Parkinson's
RMS=Randolph Middle School

Merry Musicians:
To register, contact 973 945 2828 or info@merrymusicians.com

Senior Birthday:
Members 80+. Contact Jordan DiEgidio 973 366 1120 x38

Seminars, Lectures, Support Groups: Free to members & non-members. Sign up not required.

Ping Pong: Free to Randolph Y members, $5 for non-members

***** =There is a fee to participate in this class/program.

Program House Operations:
Kathy Fisher,
973 366 1120 x14 or
kathy@randolphymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 Rock Steady Boxing* (PH Gym)	**10:00-11:00** Parkinson's St. Clare's Hospital Seminar (PH LR) (2nd Tuesday of the month) Starts 10/10	**12:00-1:00** Senior Birthday Party (3rd Wednesday of the month)	**9:30-10:15** Chair Yoga* (PH Gym) 9/14-10/12	**9:30-10:30** Rock Steady Boxing* (PH Gym)	
10:30-11:15 Merry Musicians* **11:30-12:15** Merry Musicians*	**10:00-11:00** Parkinson's Support Group for Caregivers (PH LR) (Last Tuesday of the month) Starts 9/26	**1:00-2:00** Roxbury Special Needs (PH Gym/LR)	**10:30-12:00** Tea & Talk/Screening (2nd Thursday of the month) Starts 9/14	**11:30-12:15** Music for Parkinson's* 9/15-11/17	
12:30-1:15 Merry Musicians* **1:30-2:15** Merry Musicians*	**11:00-12:30** Brain Games **12:30-1:15** B's Balance* 9/12-11/14	**3:00-6:00** RMS After Care* **6:00-7:00** Rock Steady Boxing* (PH Gym)	**10:00-11:00** Parkinson's Support Group-PWP (Last Thursday of the month) Starts 9/28		
1:00-3:00 Ping Pong* **3:00-6:00** RMS After Care*	**3:00-6:00** RMS After Care* **4:15-5:00** RMS After Care* Fitness Class (PH RR)		**11:00-12:30** Brain Games **12:30-1:15** B's Balance* 9/14-11/16		**1:00-5:00** Birthday Party*
			3:00-6:00 RMS After Care*		

The Program House, located on the hill at the Randolph YMCA, is a concept developed by the Randolph YMCA to meet community needs without the commitment of a Y membership. It offers quality classes and services designed for all ages and many interests. Y members receive reduced participation fees.

RANDOLPH YMCA
14 Dover Chester Road, Randolph NJ 07869
P 973 366 1120 **F** 973 366 8025 randolphymca.org

Updated 9/11/17