



**2022-2023 UNION CITY
RECREATIONAL PROGRAMS
ADULTS & SENIORS**



Dear Friends,

The Board of Commissioners and I continue to plan trips and events for you to enjoy. I encourage residents who have not participated in these events to come out and make new friends. There are many new and exciting opportunities for you to get involved in. New trips, classes and events are always being added for you to find something to enjoy.

The Senior Affairs Office is open Monday through Friday from 8:00 AM to 4:00 PM. If you need transportation to medical appointments or assistance in filling out Medicaid forms, the staff is available and happy to assist you. As always, if I can ever be of assistance to you, please do not hesitate to contact me anytime – 7 days a week.



Your friend,

A handwritten signature in black ink that reads "Brian". The signature is written in a cursive, flowing style.

Brian P. Stack

Mayor

(201) 376-1942



UNION CITY RECREATIONAL SWIMMING

LOCATION: Ron Dario Pool • 219 47th Street
SEASON: Year-round
Monday 90 minute sessions starting at 7:00 AM, 9:00 AM,
1:00 PM & 7:00 PM
Wednesday 90 minute sessions starting at 7:00 AM, 9:00 AM,
1:00 PM, 3:00 PM & 5:30 PM–6:30 PM
Tuesday, Thursday & Friday 90 minute sessions starting at 7:00 AM, 9:00 AM,
11:00 AM, 1:00 PM & 7:00 PM
Saturday 90 minute sessions starting at 9:00 AM, 11:00 AM,
1:00 PM & 3:00 PM–4:45 PM
DIRECTOR: Elke Voigt 201-867-4496
REGISTRATION NOT REQUIRED

LOCATION: Bruce D. Walter Pool • 507 West Street
SEASON: Year-round
Monday & Friday 90 minute sessions starting at 7:00 AM, 9:00 AM,
11:00 AM, 1:00 PM & 8:00 PM–8:45 PM
Tuesday & Thursday 90 minute sessions starting at 7:00 AM, 11:00 AM,
1:00 PM & 8:00 PM–8:45 PM
Wednesday 90 minute sessions starting at 7:00 AM, 9:00 AM,
11:00 AM, 1:00 PM, 3:00 PM & 8:00 PM–8:45 PM
Saturday 90 minute sessions starting at 9:00 AM, 11:00 AM,
1:00 PM & 3:00 PM–4:45 PM
DIRECTOR: Elke Voigt 201-392-3696
REGISTRATION NOT REQUIRED



UNION CITY ZUMBA & AEROBICS

LOCATION: Bruce D. Walter Recreation Center • 507 West Street

CLASSES: Year-round

Mondays, Tuesdays & Thursdays 6:00 PM–9:00 PM
Saturdays 9:00 AM–11:30 AM

DIRECTOR: Yareida Peña 201-667-3101 Peña8204@gmail.com

REGISTRATION NOT REQUIRED

***PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18



CERAMICS FOR SENIORS

LOCATION: Palisade Plaza • 3700 Palisade Ave.

AGE: 55+

CLASSES: Monday thru Thursday 8:00 AM–1:00 PM

REGISTRATION: Free, Monday thru Thursday 9:00 AM–12:00 PM



UNION CITY SOFTBALL

LOCATION: Washington Park • 2nd Street & Bergenline Ave.

AGE: 18–20

PRACTICE: Mondays, Wednesdays, Fridays, Saturdays &
Sundays 7:30 PM–9:00 PM

SEASON: Spring

REGISTRATION: Month of February Monday thru Saturday 6:00 PM–8:00 PM

SEASON: Summer & Fall

REGISTRATION: June 15th, 2023 thru August 1st, 2023

Monday thru Saturday 6:00 PM–8:00 PM

LOCATION: Washington Park or Edison School 507 West Street

DIRECTORS: José Polanco 201-772-2428 & Vielka Gonzalo 201-705-2220

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

***PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18



UNION CITY BASEBALL LEAGUE

LOCATION: Washington Park • 2nd Street & Bergenline Ave.

AGE: 18–20

SEASON: June thru November 2023

PRACTICE: Monday thru Sunday

REGISTRATION: June 1st thru July 13th, Monday thru Saturday
6:00 PM–8:00 PM at Washington Park or
Edison School 507 West Street

DIRECTORS: José Polanco 201-772-2428 & Vielka Gonzalo 201-705-2220

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

*****PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18**



UNION CITY BASKETBALL LEAGUE

LOCATION: Edison School • 507 West Street

AGE: Adults

SEASON: Year-round

PRACTICE: Tuesdays & Thursdays 5:00 PM–9:30 PM

REGISTRATION: Open year round 6:00 PM–8:00 PM at Edison School

DIRECTORS: José Polanco 201-772-2428 & Vielka Gonzalo 201-705-2220

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

*****PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18**



UNION CITY VOLLEYBALL

LOCATION: Edison School • 507 West Street &
Emerson Middle School • 318 18th Street

AGE: 18–20

SEASON: Year-round

PRACTICE: Mondays, Fridays & Saturdays 5:00 PM–10:00 PM

REGISTRATION: Open year-round 6:00 PM–8:00 PM at Edison School

DIRECTORS: José Polanco 201-772-2428 & Vielka Gonzalo 201-705-2220

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

*****PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18**



UNION CITY TAEKWONDO

LOCATION: Bruce D. Walter Recreation Center
507 West Street

SEASON: Year-round

PRACTICE: Wednesdays 6:30 PM–8:00 PM &
Saturdays 9:00 AM–4:00 PM

REGISTRATION: Wednesdays & Saturdays

DIRECTOR: Ramon Peña 201-640-7602

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

*****PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18**



UNION CITY JUDO

LOCATION: Roosevelt Elementary • 4507 Hudson Street

SEASON: Year-round

PRACTICE: Thursdays & Fridays 7:30 PM–9:00 PM

REGISTRATION: Open year-round Mondays, Wednesdays, Thursdays &
Fridays 6:00 PM–9:00 PM

DIRECTOR: Pedro Savinovich 201-713-8336

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

*****PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18**



MDW SCHOOL OF MARTIAL ARTS (TAEKWONDO TRAINING)

LOCATION: Sara M. Gilmore Academy • 1600 Kerrigan Ave.

SEASON: Year-round

PRACTICE: Mondays & Wednesdays 6:00 PM–8:00 PM
Saturdays 11:00 AM–1:00 PM

REGISTRATION: Open Saturdays 11:00 AM–12:00 PM

DIRECTOR: Victor J. Castillo 201-838-9121

REGISTRATION FEE WILL APPLY AT TIME OF REGISTRATION

*****PROGRAM ALSO AVAILABLE FOR THOSE UNDER 18**

PROGRAMS FOR ADULTS AND SENIORS

William V. Musto Cultural Center • 420-15th Street



AEROBICS FOR SENIORS

AGE: Seniors 55+
CLASSES: Mondays, Wednesdays & Fridays 1:00 PM–2:00 PM
FREE CLASSES / REGISTRATION NOT REQUIRED



CERAMICS FOR SENIORS

AGE: 55+
CLASSES: Monday thru Thursday 8:00 AM–1:00 PM
DIRECTOR: Yolanda
REGISTRATION: Free, Monday thru Thursday 9:00 AM–12:00 PM
I.D. Proof of age and Union City Residency



ACTING CLASS FOR ADULTS (BILINGUAL)

AGE: 21 & older
SEASON: September thru June
CLASSES: Saturdays 12:00 PM–4:00 PM
INSTRUCTOR: Hector Luis Rivera
REGISTRATION: Every Saturday in September
Free, for information call 201-348-2313



MEALS ON WHEELS FOR SENIORS

AVAILABLE: Monday thru Friday 9:00 AM–11:00 AM
REGISTRATION: Monday thru Thursday 9:00 AM–11:00 AM
I.D. Proof of age and Union City Residency

PROGRAMS FOR ADULTS AND SENIORS

William V. Musto Cultural Center • 420-15th Street

ARTS & WELLNESS PROJECT

Mary Trigg 917-226-7830

60 Minute Classes / Registration not required



SELF DEFENSE/WING CHUN

Mondays @ 7:15 PM



CHAIR YOGA

Tuesdays & Thursdays @ 1:00 PM



TAI CHI/QIGONG

Tuesdays @ 2:15 PM



ZUMBA

Thursdays @ 6:00 PM • Saturdays @ 10:45 AM



VINYASA YOGA

Thursdays @ 7:15 PM • Fridays @ 6:30 PM • Saturdays @ 9:30 AM



RESTORATION YOGA & MEDITATION

Sundays @ 11:00 AM