

NUTRITION (609) 443-3949
TRADE (609) 530-1971
Hours: 9:00am-4:00pm M-F

2019
EAST WINDSOR TOWNSHIP
SENIOR PROGRAM

Senior Center (609) 371-7192
Municipal Building (609) 443-4000

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:00 Computer 101 (By Appointment) 9:00 Melatonin 9:15 Yoga AM 10:00 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:00 Family and Friends CPR 1:30 Art</p> <p>*Last day of Winter Art Session *Spring exercise class sign up</p>	<p>2 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Women's Friendship Circle 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:00 Diabetes Support Group 1:30 Seniors in Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p> <p>*Spring exercise class sign up</p>	<p>3 9:30 Exercise Class 10:00 Blood Pressure 10:30 Making Medical Decisions for Others 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Prize Bingo 1:00 Cancer Support Group 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom</p> <p>*Spring exercise class sign up</p>	<p>4 9:00 Gentle Stretch 9:30 Trip (Quaker Bridge Mall) 9:30 Exercise Class 10:30 Creations With Patti 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p> <p>*Spring exercise class sign up</p>	<p>5 9:30 Fun Friday 10:20 Yoga AM 10:30 Pin-Cushion Corner 11:20 Core Strength & Balance 1:00 Avi Wisnia</p> <p>*Spring exercise class sign up</p>
<p>8 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 10:00 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:00 Current Events 1:30 Art</p> <p>*First day of Spring Art Session</p>	<p>9 9:00 Gentle Stretch 9:30 Exercise Class 10:00 Pool Tournament 10:30 Portion Distortion 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Diabetes Support Group 1:00 Yoga PM 1:30 Seniors in Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p>	<p>10 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Cancer Support Group 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom</p>	<p>11 9:00 Gentle Stretch 9:00 Podiatrist (By Appointment) 9:30 Exercise Class 10:00 Writers Group 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:15 Trip (Pegasus Theatre) 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p>	<p>12 9:00 Trip (Golden Nugget Casino) 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 12:30 Dine Around @ Romeo's Pizza 1:00 Chair Hooola-Hoop Fitness</p>
<p>15 9:00 Computer 101 (By Appointment) 10:00 iPhone 101 (By Appointment) 12:00 Art 1:00 Maj Jongg 1:30 Art</p> <p>*Winter Exercise Class Make Up Week (if any)</p>	<p>16 9:00 AARP Smart Driver Course Part 1 11:00 Medicare Counselor (By Appointment) 1:30 Seniors in Transition</p> <p>*Winter Exercise Class Make Up Week (if any)</p>	<p>17 1:00 Cancer Support Group 1:00 Investing Discussion Group 1:00 Massage (By Appointment) 2:00 Line Dancing 3:00 Ballroom</p> <p>*Winter Exercise Class Make Up Week (if any)</p>	<p>18 10:30 Headaches and Physical Therapy 1:00 AARP Smart Driver Course Part 2 6:15 Trip (In The Mood)</p> <p>*Winter Exercise Class Make Up Week (if any)</p>	<p>19 11:00 Board Games</p> <p>May Newsletter Available</p> <p>*Winter Exercise Class Make Up Week (if any)</p>
<p>22 8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 10:00 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Art</p> <p>*Start Spring Exercise Classes May Newsletter Sign Up</p>	<p>23 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 9:30 Surrogate (By Appointment) 10:30 TED Talks 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:30 Seniors in Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p> <p>May Newsletter Sign Up</p>	<p>24 8:15 Rise N' Shine 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom</p> <p>May Newsletter Sign Up</p>	<p>25 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Book Club 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p> <p>May Newsletter Sign Up</p>	<p>26 9:30 Fun Friday 10:00 Cogniciti Brain Health Workshop 10:20 Yoga AM 11:00 Cogniciti Brain Health Workshop 11:20 Core Strength & Balance</p> <p>May Newsletter Sign Up</p>
<p>29 8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 10:00 iPhone 101 (By Appointment) 10:30 Exercise Class 1:00 Maj Jongg</p>	<p>30 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Women's Friendship Circle 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:30 Seniors in Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p>			

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