

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

August

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:30 TED Talks 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball	2 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:30 Root Beer Float Gathering
5 8:15 Rise N' Shine 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 10:45 Trip (Victorian Tea Room) 12:00 Art 1:00 Maj Jongg 1:00 Current Events 1:30 Art	6 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Women's Friendship Circle 10:30 Facebook Basics 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	7 8:15 Rise N' Shine 9:30 Exercise Class 10:00 Blood Pressure 10:30 Cooking For 1 Or 2 10:30 Meditation 10:35 Drums Alive 10:45 River Belle Lunch Cruise 1:00 Zumba 1:00 Prize Bingo 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom Dance	8 8:15 Yoga Sculpt 9:00 Coney Island 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:30 Wii Tournament 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball	9 9:30 Fun Friday 10:20 Yoga AM 10:30 Creations With Patti 11:20 Core Strength & Balance 1:30 Laughter Wellness
12 8:15 Rise N' Shine 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Art 1:30 Let's Karaoke	13 8:15 Chair Yoga 9:00 Gentle Stretch 9:00 AARP Driver Safety Part I 9:30 Exercise Class 10:00 Pool Tournament 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	14 8:15 Rise N' Shine 9:15 Trip (Paul Robeson Walking Tour) 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 Dance	15 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:00 Writers Group 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 1:00 AARP Driver Safety Part II 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball	16 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:30 20th Century Inventors September Newsletter Available
19 8:15 Rise N' Shine 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Art 1:30 Poker Tournament September Newsletter Sign Up	20 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Nutrition Myths Fact Or Fiction 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance September Newsletter Sign Up	21 8:15 Rise N' Shine 9:00 Trip (Atlantic City Resorts Casino/Air Show) 9:30 Exercise Class 9:30 Medicare Counselor (By Appointment) 10:30 Trip (Cornucopia Lunch Cruise) 10:30 Debunking The Myths Of Hospice 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom Dance September Newsletter Sign Up	22 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:00 Podiatrist (By Appointment) 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball September Newsletter Sign Up	23 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:30 Ian Gallagher's Dance Party September Newsletter Sign Up
26 8:15 Rise N' Shine 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Art 1:30 Board Games	27 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 9:30 Surrogate (By Appointment) 10:30 Women's Friendship Circle 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	28 8:15 Rise N' Shine 9:30 Exercise Class 10:30 Meditation 10:30 Mindfulness Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom Dance	29 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:30 Bullying Prevention 10:30 Book Club 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball	30 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 12:30 Dine Around At Café Capuano East