


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

2019
EAST WINDSOR TOWNSHIP
SENIOR PROGRAM
FEBRUARY

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 Fun Friday 10:00 NJ Save 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 Trivia
4 9:00 Computer 101 By Appointment 9:15 Yoga AM 10:30 Exercise Class 10:30 iPhone 101 By Appointment 12:00 Art 1:00 Maj Jongg 1:30 Art 1:30 Chinese New Year Party	5 9:00 Gentle Stretch 9:30 Exercise Class 10:30 What Exactly Is Hoarding? 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	6 9:00 Osteoporosis By Appointment 9:30 Exercise Class 10:00 Blood Pressure 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 1:00 Stamped Cross Stitch 1:00 Prize Bingo 2:00 Line Dancing 3:00 Ballroom	7 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 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	8 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:30 Valentine's Day Party
11 9:00 Computer 101 By Appointment 9:15 Yoga AM 10:00 Trip (Chocolatrium) 10:30 Exercise Class 10:30 iPhone 101 By Appointment 12:00 Art 1:00 Maj Jongg 1:30 Art	12 9:00 Gentle Stretch 9:30 Exercise Class 10:00 Pool Tournament 10:30 Personal Safety 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:00 Healing From Grief and Loss 2:00 Core Strength & Balance 2:45 Core Strength & Balance	13 9:00 Trip (Resorts Casino) 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 1:00 Stamped Cross Stitch 2:00 Line Dancing 3:00 Ballroom	14 9:00 Gentle Stretch 9:30 Exercise Class 10:00 Science Of Love 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	15 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 K-9 Unit Presentation March Newsletter Available
18 CLOSED 	19 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Managing Challenging Behaviors 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance March Newsletter Sign Up	20 9:30 Exercise Class 10:30 Meditation 10:30 Constipation: How PT Can Help 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 1:00 Stamped Cross Stitch 2:00 Line Dancing 3:00 Ballroom March Newsletter Sign Up	21 9:00 Gentle Stretch 9:30 Exercise Class 10:00 Trip (Columbus Market) 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball March Newsletter Sign Up	22 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 12:30 Dine Around @ Gus' Diner
25 9:00 Computer 101 By Appointment 9:15 Yoga AM 10:30 Exercise Class 10:30 iPhone 101 By Appointment 1:00 Maj Jongg 1:00 Hands-Only Adult CPR	26 9:00 Gentle Stretch 9:00 Glucose By Appointment 9:30 Surrogate By Appointment 9:30 Exercise Class 10:30 TED Talks 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	27 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 1:00 Stamped Cross Stitch 2:00 Line Dancing 3:00 Ballroom	28 9:00 Gentle Stretch 9:30 Exercise Class 9:30 Trip (Mummers Museum) 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	

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