

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

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Cooking For 1 or 2 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:00 Pin Cushion Corner 1:00 Current Events 1:30 Art	4 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:15 Trip to Consignment Shops 10:30 The Importance of Stretching 10:35 Chair Exercise 11:05 Beginner Tai Chi 12:30 Learn About Preventative Screenings 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	5 8:15 Rise N' Shine 9:30 Exercise Class 10:00 Blood Pressure 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Prize Bingo 1:00 Investing Discussion Group 1:00 Meditation for Beginners 2:00 Line Dancing 3:00 Ballroom	6 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 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	7 9:30 Fun Friday 9:30 SHIP Presentation 10:20 Yoga AM 10:30 Card Making 11:20 Core Strength & Balance 12:30 Dine Around at Panera 1:30 Board Games
10 8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Social Isolation VS. Loneliness 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Art	11 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:00 Pool Tournament 10:15 Trip to Doolan's Shore Club 10:30 Women's Friendship Circle 10:30 Preventing Dehydration 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	12 8:15 Rise N' Shine 9:30 Exercise Class 10:30 Meditation 10:30 Mature Life Planning 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom	13 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:00 Podiatrist (By Appointment) 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:00 Writers Group 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:45 Trip to Axelrod's Aida 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	14 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:30 Fathers Day Party
17 8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Stay Safe At Home Using An Alert System 10:30 Exercise Class 1:00 Maj Jongg 1:00 Drumming Healing Session	18 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Got Foot Pain? 10:30 TED Talks 10:35 Chair Exercise 11:00 Medicare Counselor (By Appointment) 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	19 8:15 Rise N' Shine 9:00 Trip To Tropicana Casino 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	20 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:30 Seniors and Crime Prevention 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	21 9:30 Fun Friday 9:45 Trip to Columbus Flea Market 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 Pin Cushion Corner 2:00 Owed To My Mother
24 8:15 Rise N' Shine 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 1:00 Maj Jongg 1:00 Ben Franklin	25 8:15 Chair Yoga 9:00 Glucose Screening (By Appointment) 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 1:00 Healthy Outlooks Program 2:00 Core Strength & Balance 2:45 Core Strength & Balance	26 8:15 Rise N' Shine 8:15 Trip to 9/11 Memorial and Museum 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	27 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 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	28 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 Carnival Day
July Newsletter Sign Up	July Newsletter Sign Up	July Newsletter Sign Up	July Newsletter Sign Up	July Newsletter Sign Up

July Newsletter Available