

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

2019
EAST WINDSOR TOWNSHIP
SENIOR PROGRAM
MARCH

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 Fun Friday 10:20 Yoga AM 10:30 Arthritis and Your Diet 11:20 Core Strength & Balance 1:30 Mardi Gras Party
4 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 10:30 Exercise Class 10:30 Pelvic Floor Rehabilitation 10:30 iPhone 101 (By Appointment) 12:00 Art 1:00 Ben Franklin Lecture 1:00 Maj Jongg 1:30 Art	5 9:00 Gentle Stretch 9:30 Exercise Class 10:30 The Health Risks of Sitting Too Much 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Diabetes Support Group 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	6 8:00 Trip (Flower Show) 9:30 Exercise Class 10:00 Blood Pressure 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Cancer Support Group 1:00 Investing Discussion Group 1:00 Prize Bingo 2:00 Line Dancing 3:00 Ballroom	7 9:00 Gentle Stretch 9:30 Exercise Class 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
11 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 10:30 Exercise Class 10:30 Don't Let Age Slow You Down 10:30 iPhone 101 (By Appointment) 12:00 Art 1:00 Pin Cushion Corner 1:00 Maj Jongg 1:30 Art	12 9:00 Gentle Stretch 9:30 Exercise Class 10:00 Pool Tournament 10:30 Shielding Your Assets 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Diabetes Support Group 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	13 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	14 9:00 Podiatrist (By Appointment) 9:00 Gentle Stretch 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	15 9:30 Fun Friday 10:20 Yoga AM 10:30 Insurance 101 11:20 Core Strength & Balance <p style="text-align: center;">April Newsletter Available</p>
18 9:00 Brown Bag Pharmacy (By Appointment) 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 <p style="text-align: center;">April Newsletter Sign Up</p>	19 9:00 Gentle Stretch 9:30 Exercise Class 10:35 Chair Exercise 11:00 Medicare Counselor (By Appointment) 11:05 Beginner Tai Chi 1:00 Diabetes Support Group 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance <p style="text-align: center;">April Newsletter Sign Up</p>	20 9:30 Exercise Class 10:15 Trip (Doolan's Shore Club) 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 style="text-align: center;">April Newsletter Sign Up</p>	21 9:00 Gentle Stretch 9:30 Exercise Class 12:30 Trip (Mama Mia) 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	22 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance
25 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 10:30 Exercise Class 10:30 iPhone 101 (By Appointment) 1:00 "The Ride" Book Release Party 1:00 Maj Jongg	26 9:00 Gentle Stretch 9:30 Surrogate (By Appointment) 9:30 Exercise Class 10:30 TED Talks 10:30 Dealing with Dizziness and Vertigo 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Diabetes Support Group 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 Cancer Support Group 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom	28 9:00 Gentle Stretch 9:15 Trip (Grand Market Place) 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	29 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 12:30 Dine Around @ Buen Provecho 1:00 Current Events <hr/> Sun, 31 <p style="text-align: center;">2:00 Trip (Into The Woods)</p>

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