


**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**

**MAY**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:15 Rise N' Shine <b>9:30 Trip (Trenton Thunder)</b> 9:30 Exercise Class <b>10:00 Blood Pressure</b> 10:30 Meditation 10:35 Drums Alive 1:00 Zumba <b>1:00 Prize Bingo</b> <b>1:00 Investing Discussion Group</b> 2:00 Line Dancing 3:00 Ballroom	2 8:15 Yoga Sculpt 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	3 9:30 Fun Friday 10:20 Yoga AM <b>10:30 Card Making</b> 11:20 Core Strength & Balance <b>11:30 Trip (Eyes on Eagles Viewing)</b>
6 8:15 Rise N' Shine <b>9:00 Computer 101 (By Appointment)</b> 9:15 Yoga AM <b>9:30 iPhone 101 (By Appointment)</b> <b>10:30 Lyme Disease</b> <b>10:30 Pin Cushion Corner</b> 10:30 Exercise Class 12:00 Art <b>1:00 Maj Jongg</b> <b>1:00 Current Events</b> 1:30 Art	7 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class <b>10:30 Talking With Your Doctor</b> 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM <b>1:30 Seniors In Transition</b> 2:00 Core Strength & Balance 2:45 Core Strength & Balance	8 8:15 Rise N' Shine <b>9:00 Allergies</b> 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba <b>1:00 Investing Discussion Group</b> 2:00 Line Dancing 3:00 Ballroom	9 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class <b>10:30 Creations With Patti</b> 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	10 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance <b>1:30 Mothers Day Tea</b>
13 8:15 Rise N' Shine <b>9:00 Computer 101 (By Appointment)</b> 9:15 Yoga AM <b>9:30 iPhone 101 (By Appointment)</b> <b>10:00 CarFit (By Appointment)</b> 10:30 Exercise Class 12:00 Art <b>1:00 Maj Jongg</b> 1:30 Art	14 8:15 Chair Yoga <b>8:45 Trip (Presby Memorial Iris Garden)</b> 9:00 Gentle Stretch <b>9:00 Foot Screening (By Appointment)</b> 9:30 Exercise Class <b>10:00 Pool Tournament</b> <b>10:30 Women's Friendship Circle</b> 10:35 Chair Exercise <b>11:00 Medicare Counselor (By appointment)</b> 11:05 Beginner Tai Chi 1:00 Yoga PM <b>1:30 Seniors In Transition</b> 2:00 Core Strength & Balance 2:45 Core Strength & Balance	15 8:15 Rise N' Shine 9:30 Exercise Class 10:30 Meditation <b>10:30 Hearing Screening (By Appointment)</b> 10:35 Drums Alive 1:00 Zumba <b>1:00 Investing Discussion Group</b> 2:00 Line Dancing 3:00 Ballroom	16 8:15 Yoga Sculpt 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	17 9:30 Fun Friday 10:20 Yoga AM <b>10:30 Pin Cushion Corner</b> 11:20 Core Strength & Balance <b>12:30 Dine Around at City Streets</b> <b>1:30 The Syncopations Dance Troupe</b>  <p style="text-align: center;"><b>June Newsletter Available</b></p>
20 8:15 Rise N' Shine <b>9:00 Computer 101 (By Appointment)</b> 9:15 Yoga AM <b>9:30 Everything You Need to Know About Arthritis</b> <b>9:30 iPhone 101 (By Appointment)</b> 10:30 Exercise Class 12:00 Art <b>1:00 Maj Jongg</b> 1:30 Art  <p style="text-align: center;"><b>June Newsletter Sign Up</b></p>	21 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class <b>10:30 TED Talks</b> 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM <b>1:00 Consumer Affairs Weights and Measures</b> <b>1:30 Seniors In Transition</b> 2:00 Core Strength & Balance 2:45 Core Strength & Balance  <p style="text-align: center;"><b>June Newsletter Sign Up</b></p>	22 8:15 Rise N' Shine 9:30 Exercise Class 10:30 Meditation <b>10:30 Insurance 101</b> 10:35 Drums Alive 1:00 Zumba <b>1:00 Investing Discussion Group</b> 2:00 Line Dancing 3:00 Ballroom  <p style="text-align: center;"><b>June Newsletter Sign Up</b></p>	23 8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class <b>10:00 Writers Group</b> 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball  <p style="text-align: center;"><b>June Newsletter Sign Up</b></p>	24 9:30 Fun Friday 10:20 Yoga AM <b>10:30 Treating Gerd</b> 11:20 Core Strength & Balance <b>1:30 Trivia</b>  <p style="text-align: center;"><b>June Newsletter Sign Up</b></p>
27 <b>CLOSED</b>  	28 8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class <b>9:30 Surrogate (By Appointment)</b> <b>10:30 What You Don't Know</b> 10:35 Chair Exercise 11:05 Beginner Tai Chi <b>11:30 Women's Friendship Circle</b> 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance	29 8:15 Rise N' Shine <b>9:00 Body Fat Screening (By Appointment)</b> 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba <b>1:00 Investing Discussion Group</b> <b>1:15 Trip (Morven Museum &amp; Garden)</b> 2:00 Line Dancing 3:00 Ballroom	30 8:15 Yoga Sculpt <b>9:30 Trip (Mummers Museum) (rescheduled date)</b> 9:00 Gentle Stretch 9:30 Exercise Class <b>10:30 Book Club</b> 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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