

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

September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 9:30 Trip (Howling Woods Farm) 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p>	<p>4</p> <p>8:15 Rise N' Shine 9:30 Exercise Class 10:00 Blood Pressure 10:30 Google Presentation 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 1:00 Prize Bingo 2:00 Line Dancing 3:00 Ballroom Dance</p>	<p>5</p> <p>8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:30 Urinary Incontinence 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</p>	<p>6</p> <p>9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 Summers End Party</p>
<p>9</p> <p>8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:00 Current Events 1:30 Art</p>	<p>10</p> <p>8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 9:30 Medicare Counselor (By Appointment) 10:00 Pool Tournament 10:30 Music Program 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p>	<p>11</p> <p>8:15 Rise N' Shine 8:50 Trip (Silver Safari at Six Flags) 9:30 Exercise Class 10:30 Captel 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom Dance</p>	<p>12</p> <p>8:15 Yoga Sculpt 8:15 Trip (Independence Seaport Museum) 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 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball</p>	<p>13</p> <p>9:30 Fun Friday 10:20 Yoga AM 10:30 Fall Prevention 11:20 Core Strength & Balance</p>
<p>16</p> <p>8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:00 Glucose Screening (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Diabetes 101 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Trivia 1:30 Art</p>	<p>17</p> <p>8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 10:30 TED Talks 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:30 Crystal Energy Clarity & Focus 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p>	<p>18</p> <p>8:15 Rise N' Shine 9:30 Exercise Class 10:30 Meditation 10:30 What Does WomanSpace Do? 10:35 Drums Alive 1:00 Zumba 1:00 Investing Discussion Group 2:00 Line Dancing 3:00 Ballroom Dance</p>	<p>19</p> <p>8:15 Yoga Sculpt 9:00 Gentle Stretch 9:30 Exercise Class 10:00 iPhone 101 (By Appointment) 10:00 Writers Group 10:30 Identity Theft 10:35 Chair Exercise 11:05 Advanced Tai-Chi 1:00 Core Strength & Balance 1:30 Pin Cushion Corner 1:30 Take Out Your Wedding Albums 2:00 Yoga PM 3:00 Stability Ball</p>	<p>20</p> <p>9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance</p> <p style="text-align: center;">October Newsletter Available</p>
<p>23</p> <p>8:15 Rise N' Shine 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Maggie Mustico Cabaret Singer 1:30 Art</p> <p style="text-align: center;">October Newsletter Sign Up</p>	<p>24</p> <p>8:15 Chair Yoga 9:00 Gentle Stretch 9:30 Exercise Class 9:30 Surrogate (By Appointment) 10:30 How Does Terminally Ill Law Affect Plans? 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</p> <p style="text-align: center;">October Newsletter Sign Up</p>	<p>25</p> <p>8:15 Rise N' Shine 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</p> <p style="text-align: center;">October Newsletter Sign Up</p>	<p>26</p> <p>8:15 Yoga Sculpt 9:00 Gentle Stretch 9:15 Trip (Jersey Shore Premium Outlets) 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 1:30 Pin Cushion Corner 2:00 Yoga PM 3:00 Stability Ball</p> <p style="text-align: center;">October Newsletter Sign Up</p>	<p>27</p> <p>9:30 Fun Friday 10:20 Yoga AM 10:30 Manicures Make A Difference (By Appointment) 11:20 Core Strength & Balance 12:30 Dine Around At Perkins</p> <p style="text-align: center;">October Newsletter Sign Up</p>
<p>30</p> <p>8:15 Rise N' Shine 8:45 Trip (Sunflowers at Holland Ridge Farm) 9:00 Computer 101 (By Appointment) 9:15 Yoga AM 9:30 iPhone 101 (By Appointment) 10:30 Exercise Class 12:00 Art 1:00 Maj Jongg 1:30 Sears Roebuck Story 1:30 Art</p>				