


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

**2018**  
**EAST WINDSOR TOWNSHIP**  
**SENIOR PROGRAM**  
**DECEMBER**

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:15 Yoga AM 10:30 Exercise Class <b>10:30 More Crystals</b> 12:00 Art Class <b>1:00 Medicare Questions &amp; Answers</b> <b>1:00 Knitting 101</b>	4 9:00 Gentle Stretch 9:30 Exercise Class <b>10:30 Women's Friendship Circle</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 <b>6:15 Trip- A Christmas Carol</b>	5 <b>9:00 Osteoporosis Screening</b> <b>9:15 Trip- Thomas Edison/Menlo Mall</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> 2:00 Line Dancing 3:00 Ballroom <b>3:00 Financial Forum</b>	6 9:00 Gentle Stretch <b>9:00 Podiatrist By Appointment Only</b> 9:30 Exercise Class 10:30 Beginner Jewelry 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry <b>12:00 Computer 101</b> 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	7 <b>9:30 Holiday Breakfast</b> 11:20 Core Strength & Balance
10 9:15 Yoga AM 10:30 Exercise Class <b>10:30 Beating Holiday Blues</b> 12:00 Art Class <b>1:00 Laughter Yoga</b> <b>1:00 Knitting 101</b>	11 9:00 Gentle Stretch 9:30 Exercise Class <b>10:00 Santa Meet &amp; Greet</b> <b>10:30 TED Talks</b> 10:35 Chair Exercise <b>11:00 Medicare By Appointment Only</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	12 9:30 Exercise Class <b>10:15 Trip- The Roebing Museum</b> 10:30 Meditation <b>10:30 Glaucoma Discussion</b> 10:35 Drums Alive 1:00 Zumba 2:00 Line Dancing 3:00 Ballroom <b>3:00 Financial Forum</b>	13 9:00 Gentle Stretch 9:30 Exercise Class <b>10:00 Writers Group</b> 10:30 Beginner Jewelry 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry <b>12:00 Computer 101</b> <b>12:30 Dine Around- Charlie Browns</b> 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 <b>1:00 Holiday Party</b>
17 9:15 Yoga AM 10:30 Exercise Class <b>10:30 Do I have Sciatica or Piriformis?</b> 12:00 Art Class <b>1:00 Trivia</b> <b>1:00 Knitting 101</b>	18 9:00 Gentle Stretch <b>9:00 Trip- Tropicana</b> 9:30 Exercise Class <b>10:30 Women's Friendship Circle</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	19 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 2:00 Line Dancing 3:00 Ballroom <b>3:00 Financial Forum</b>	20 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Beginner Jewelry 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry <b>12:00 Computer 101</b> 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball	21 9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance <b>1:00 Songs of the Season</b>
24 9:15 Yoga AM 10:30 Exercise Class 12:00 Art Class <b>1:00 Knitting 101</b>	25 CLOSED 	26 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 2:00 Line Dancing 3:00 Ballroom <b>3:00 Financial Forum</b>	27 9:00 Gentle Stretch 9:30 Exercise Class 10:30 Beginner Jewelry <b>10:30 Book Club- Lake Success</b> 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry <b>12:00 Computer 101</b> <b>12:00 Trip- Holiday Inn</b> 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
31 9:15 Yoga AM 10:30 Exercise Class 12:00 Art Class <b>1:00 Knitting 101</b>				

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