

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

2019
EAST WINDSOR TOWNSHIP
SENIOR PROGRAM
JANUARY

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

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>CLOSED</p>  <p><i>Happy New Year!</i></p>	<p>2</p> <p>9:30 Exercise Class 10:00 Blood Pressure 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Prize Bingo 1:00 Financial Forum 2:00 Line Dancing 3:00 Ballroom</p>	<p>3</p> <p>9:00 Gentle Stretch 9:30 Exercise Class 9:45 Trip (Burlington County Prison Museum) 10:30 Beginner Jewelry 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p>	<p>4</p> <p>9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 Martin Luther King Jr. Lecture</p>
<p>7</p> <p>10:15 Trip (Wick It Candle Factory) 10:30 Hearing Loss and Tinnitus 12:00 Art (New Session) 1:00 Knitting 101 1:00 Maj Jongg 1:30 Art (New Session)</p> <p>Classes Make-Up Week</p>	<p>8</p> <p>9:00 Gentle Stretch 9:30 Exercise Class 10:00 Pool Tournament 10:30 Cupping Physical Therapy Treatment 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:30 Seniors In Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p> <p>Classes Make-Up Week</p>	<p>9</p> <p>9:00 Body Fat Screening By Appointment 10:30 Meditation 1:00 Zumba 1:00 Financial Forum 2:00 Line Dancing 3:00 Ballroom</p> <p>Classes Make-Up Week</p>	<p>10</p> <p>9:00 Gentle Stretch 9:00 Podiatrist By Appointment 9:30 Exercise Class 10:30 Beginner Jewelry 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p> <p>Classes Make-Up Week</p>	<p>11</p> <p>9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 DEJA II</p> <p>Classes Make-Up Week</p>
<p>14</p> <p>10:30 Essential Oils 12:00 Art (New Session) 1:00 Knitting 101 1:00 Maj Jongg 1:30 Art (New Session)</p> <p>Classes Make-Up Week</p>	<p>15</p> <p>9:00 Gentle Stretch 9:30 Exercise Class 10:30 Women's Friendship Circle 10:35 Chair Exercise 11:00 Medicare Counselor By Appointment 11:05 Beginner Tai Chi 12:00 Massage Time By Appointment 1:00 Yoga PM 1:30 Seniors In Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p> <p>Classes Make-Up Week</p>	<p>16</p> <p>1:00 Financial Forum 1:30 Trip (Garvey's Pub)</p> <p>Classes Make-Up Week</p>	<p>17</p> <p>10:00 Writers Group 10:30 Beginner Jewelry (New Session) 12:00 Advanced Jewelry (New Session) 3:00 Stability Ball</p> <p>Classes Make-Up Week</p>	<p>18</p> <p>9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 1:00 Chair Hoop Fitness</p> <p>Classes Make-Up Week February Newsletter Available</p>
<p>21</p> <p>CLOSED</p> 	<p>22</p> <p>9:00 Gentle Stretch 9:30 Exercise Class 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:30 Seniors In Transition 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p> <p>Start of Winter Session Classes February Newsletter Sign Up</p>	<p>23</p> <p>9:15 Trip (Rutgers Geology Museum) 9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 1:00 Zumba 1:00 Financial Forum 2:00 Line Dancing 3:00 Ballroom</p> <p>February Newsletter Sign Up</p>	<p>24</p> <p>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 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p> <p>February Newsletter Sign Up</p>	<p>25</p> <p>9:30 Fun Friday 10:20 Yoga AM 11:20 Core Strength & Balance 12:30 Dine Around @ Legends Grille</p>
<p>28</p> <p>9:15 Yoga AM 10:30 Exercise Class 10:30 Adult ADHD 1:00 Board Games 1:00 Knitting 101 1:00 Maj Jongg</p>	<p>29</p> <p>9:00 Gentle Stretch 9:30 Exercise Class 10:30 Women's Friendship Circle 10:35 Chair Exercise 11:05 Beginner Tai Chi 1:00 Yoga PM 1:00 Driver Safety 2:00 Core Strength & Balance 2:45 Core Strength & Balance</p>	<p>30</p> <p>9:30 Exercise Class 10:30 Meditation 10:35 Drums Alive 12:45 Trip (The Niceties) 1:00 Zumba 1:00 Financial Forum 2:00 Line Dancing 3:00 Ballroom</p>	<p>31</p> <p>9:00 Gentle Stretch 9:30 Exercise Class 10:30 Beginner Jewelry 10:30 Book Club 10:35 Chair Exercise 11:05 Advanced Tai-Chi 12:00 Advanced Jewelry 1:00 Core Strength & Balance 2:00 Yoga PM 3:00 Stability Ball</p>	

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