

**West Windsor Township
Senior Center
October 2021**

In Person Fitness

Virtual

Activity

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:30am Strength Tr-Lisa *11:00am Strength*-Anna	2
3	4	5	6	7	8	9
	9:30am Strength Tr- Kelly 11:30am Strength Tr -Ed	10:00am Spanish with Nelida 11:30am Chair Stretch & Tone Lisa 1:00pm Strength Tr- Mark	9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	All Activities Cancelled	*11:00am Strength*-Anna	
10	11	12	13	14	15	16
	Columbus Day Senior Center Closed	10:00am Spanish with Nelida 11:30am Chair Stretch & Tone Lisa 1:00pm Strength Tr- Mark	9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	9:30am Yoga Mireille 11:00am Ballroom Jarek 1:00pm Investment	8:30am Strength Tr-Lisa *11:00am Strength*-Anna	
17	18	19	20	21	22	23
	9:30am Strength Tr- Kelly 11:30am Strength Tr -Ed	10:00am Spanish with Nelida 11:30am Chair Stretch & Tone Lisa 1:00pm Strength Tr- Mark 2:00pm Book Club- Mary	9:30am Strength Tr Kelly *11:30am Balance* Anna 11:45am Duplicate Bridge	9:30am Yoga Mireille 11:00am Ballroom Jarek 1:00pm Investment	8:30am Strength Tr-Lisa *11:00am Strength*-Anna	
24	25	26	27	28	29	30
		10:00am Spanish with Nelida 11:30am Chair Stretch & Tone Lisa				
31						
HAPPY HALLOWEEN	11:30am Strength Tr -Ed	1:00pm Strength Tr- Mark	*11:30am Balance* Anna 11:45am Duplicate Bridge	11:00am Ballroom Jarek 1:00pm Investment	*11:00am Strength*-Anna	

**Pre-registration is required for ALL activities.
Please contact Senior Center at 609-799-9068 for registration.
At this time, participants for West Windsor residents ONLY.**