

WEST WINDSOR SENIOR CENTER

December 2024 News & Updates

Blood Pressure Screening

Wednesday
December 18, 2024
11:00AM - 12:00PM

COVID CLINIC

Thursday
December 12, 2024
4:00PM-6:00PM
Appointments required
609-936-8400

BOOK CLUB

Holiday Luncheon
Tuesday
December 17, 2024

West Windsor Health Department

Jeopardy

Tuesday December 10, 2024
10:00AM - 11:00AM

Join the West Windsor Health Department for a fun, engaging game of Jeopardy in the double classroom.

Test your knowledge on health and safety around the holidays.

Qigong

Wednesdays at 9:30AM

Qigong means energy (qi) and skill (gong), or a skill or practice that cultivates or increases energy. It's a power of your mind and heart. It's a power of heart and mind. Qigong is the simpler and more adaptive, makes use of breathing techniques, acupuncture and graceful movement to increase the flow of qi through the body. Qigong improves physical activities, perception of difficult breathing, quality of life, and some measures of inflammation in the body. Qigong balances energy and improves the weaker areas in people's internal systems and internal organs. Practice improve memory, reduce stress and help you to sleep better. Come join Mira Desai who will lead the session that aims to enhance physical and mental health.

Real Estate Lecture

Friday December 6, 2024
1:00PM

Come and educate yourself on the new real estate law in New Jersey!

- Home seller and buyer literacy according to the new law.
- Home Buying Process according to the new law.
- Cooperative effort organization chart
- Your House on the market
- Environmental Issues you should be aware of.
- Things to know about what will save you time and money.
- How you should plan if you like to make a move with less stress for you and your loved ones.

ALL ARE WELCOME!

MUSIC APPRECIATION

Howard Keel

Friday December 13, 2024
2:00PM

Howard Keel: Make Believe - For many, the Hollywood musical would not have been anything without the incredible voice and image of Howard Keel who starred in films like SHOW BOAT, LOVELY TO LOOK AT, KISMET, and KISS ME KATE. However, Keel also appeared several times as a replacement on Broadway as well as starring in the original cast of two musicals, SARATOGA and AMBASSADOR. This lecture will follow Keel through his myriad of characters from a fast-talking Arabian storyteller, to the famed warrior Hannibal, to a wandering gambler, to an opportunist cowboy and beyond.

ALL ARE WELCOME!