

WEST WINDSOR SENIOR CENTER

May 2024 News & Updates

Hearing Screening

Wednesday
May 29, 2024

9:00 AM - 12:00PM

Bone Density Screening

Wednesday
May 8, 2024

10:00AM - 12:00 PM

Blood Pressure Screening

Tuesday
May 14, 2024

10:00AM - 12:00PM

BOOK CLUB

"The Island of Sea Women"

Tuesday
May 28, 2024

2:00PM - 3:00PM

by Lisa See

Led by Lois

West Windsor Health Department Nutrition + Food Safety

Friday May 17, 2024
8:00AM - 11:00AM

This summer, make food safety the head of the table by incorporating safe food practices. The West Windsor Township Health Department encourages you to stop by and learn about nutrition and food safety.

Mercer County Surrogates Office

Friday May 17, 2024
1:00PM

Come and join surrogate Diane Gerofsky who will provide an overview of Mercer County's Surrogate's Office. Let's become more knowledgeable about Probates, Administration/Affidavits, Wills, Living Wills, Power of Attorney & Funeral Directives. We can never know too much.

All Are Welcome!

AARP Foundation Safe Driving Course

Wednesday May 15, 2024
9:00AM - 3:00PM

This class is a refresher course for drivers. You will learn the rules of the road, as well as defensive driving techniques. You may also qualify for a discount on your auto insurance.

Class Fees Apply:
AARP Member - \$20
Non-Member - \$25
Cash or Check.

Pre-Registration is required.
Sr. Cafe is closed. Bring your lunch!

OPERA APPRECIATION

Giacomo Puccini's: "IL TABARRO"

Friday May 10, 2024
1:00PM

Puccini's one-act opera, IL TABARRO, is the first in his operatic tryptic, IL TRITTICO; its libretto is by Giuseppe Adami. The opera focuses on life on a cargo canal boat in the Seine River in Paris, and it premiered at the Metropolitan Opera in New York in 1918. Michele owns the boat and is married to Giorgetta who is having an affair with Luigi, a stevedore. Michele discovers their affair and strangles Luigi and hides his body within his cloak, confronting Giorgetta with his corpse. Its music is haunting and dramatic.

Qigong Daily Living Practice Session

Tuesday May 14, 2024 @ 9:30AM

Qigong means energy (qi) and skill (gong), or a skill or practice that cultivates or increases energy. Its a power of your mind and heart. Its a power of heart and mind. Qigong is the simpler and more adaptive, makes use of breathing techniques, acupressure 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 lead the practice session that aims to enhance physical and mental health.