

WEST WINDSOR SENIOR CENTER

February 2025 News & Updates

American
Heart Association
CPR Class

Tuesday
February 4, 2025
1:00PM

Pre-registration
required
(609) 799-9068

Bone
Density
Screening

Wednesday
February 5, 2025
10:00AM - 12:00PM

Blood
Pressure
Screening

Tuesday
February 11, 2025
10:00AM - 11:00AM

Hearing
Screening

Wednesday
February 19, 2025
9:00AM - 12:00PM

Book Club
*Ms. Morgan's
Book Brigade*

Tuesday
February 25, 2025
2:00PM

by Janet Skeslien Charles
led by Maryann

Osteoporosis & Bone Health Lecture

Friday February 7, 2025
1:00PM

Join us for an informative and interactive session on osteoporosis and bone health lead by guest speaker & physical therapist, Nicole Cleffi, DPT. Learn what osteoporosis is, how it affects your bones, and practical ways to prevent or manage it through diet, exercise and lifestyle choices. This presentation will include simple demonstrations of bone-strengthening exercises, tips for fall prevention, and helpful resources to take home.

AARP Foundation Tax Aide Program

Open for low & moderate income
adults

Every Tuesday beginning
February 4, 2025 - April 15, 2025

Appointments required
Please contact the Senior Center at
(609) 799-9068

West Windsor Health Department

Dental Health and Hygiene for Seniors

Tuesday February 18, 2025
1:00PM

Want to learn more about dental health for seniors? You're in luck! Dr. Steven Green from KinderSmile Community Oral Health Center to give a presentation on dental health and hygiene. We encourage you to join for this teeth-rrific presentation!

Music Concert

Isabella Lamadriz

Friday February 21, 2025
1:00PM

Isabella performs in operas and her collaborator Pablo Zinger have a collection of songs, some ranging from more classical art songs to modern hits like quizas quizas and a taste of the Cuban repertoire. During the sets Pablo will also explain the characteristics of the music, the composer and style.

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AARP Foundation Safe Driving Course

Wednesday February 26, 2025
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 - \$20.00
Non-Member - \$25.00
Cash or Check.

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

International Ballroom Dance

Every Wednesday 2:50PM

International Ballroom Dancing is an instruction program in all forms of ballroom dancing which is provided in a social and collegial setting. This class focuses not only on increased balance but most importantly embraces gracefulness while learning the steps of major ballroom dances. Come join us!

Pre-registration is required for this class as spaces are limited.
Contact the Senior Center at (609) 799-9068.

Artist & Scholars Program Virtual Lecture

with Kate Ogden

Edgar Degas: More Than Ballerinas

Thursday February 27, 2025
1:00PM

Degas may be best known for his paintings of ballerinas, but he painted much more. Some of his portraits probe the psychology of individuals and families. A surprising series depicts the cotton business of his relatives in America.

A ZOOM link will be emailed one day prior to the event.

New Class!

Drawing with Calligraphy

Every Monday from
1:30PM - 3:30PM
\$60.00 for 6 months

In this class, learn to draw guidelines, do basic strokes in pencil (then later in ink) how to hold and use your pen, and explore different styles of calligraphy along with flourishes and hand-drawn accents. Learn this timeless skill and create projects to showcase your work, like greeting cards or frameable poetry. Supplemental drawings will add color embellishment to accented characters or page borders in the manor of illuminated manuscripts of old. Join us!

Pre-registration is required as spaces are limited.
Contact the Senior Center at (609) 799-9068.