JANUARY 2025

(609)799-9068

| Monday | Tuesday | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|---|--|--|---|---|
| | | | 8:30 Total Body Toning - Vin (activity room) | 8:15 Walking (double classroom) |
| | | | 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$ | 8:30 Strength - Lisa (activity room) |
| | | VEAR | 11:00 Cardio - Linda (activity room) | 9:30 Chinese Hour - Sylvia (double classroom) |
| | | SENTOR | 1:00 Investment Group (double classroom) | 09:30 Tai Chi - Hsueh (activity room) |
| | | SENIOR CENTER CLOSED | 1:00 Zumba – Vin (activity room) \$\$\$\$ | 10:45 Bollywood Dance Class (activity room) |
| 6 9:15 Form & Function - | 7 8:30 Strength - Kelly | 8 8:15 Walking | 9 8:30 Total Body Toning - Vin | 10 8:15 Walking |
| Kelly (activity room) | (activity room) | (double classroom) | (activity room) | (double classroom) |
| 10:15 Yoga – Kelly (activity room) | 9:00 Spanish 1 - Nelida (library/ZOOM) \$\$\$\$ | 9:15 Form & Function - Kelly (activity room) | 9:30 Yoga -Ria (activity room) | 8:30 Strength - Lisa (activity room) |
| 11:00 Art of Oil Painting -Zakia | 9:30 Yoga -Kelly (activity room) | 10:00 Balance – Anna ZOOM 11:00 Chair Yoga – Ed | 10:00 Art of Watercolor - Margaret (double classroom) \$\$\$\$ | 9:30 Chinese Hour - Sylvia (double classroom) |
| <pre>(double classroom) \$\$\$\$ 11:30 Strength -Ed</pre> | 10:00 Spanish 2 - Nelida (library/ ZOOM) \$\$\$\$ | (activity room) 11:45 Duplicate Bridge | 11:00 Cardio - Vin (activity room) | 09:30 Tai Chi - Hsueh (activity room) |
| (activity room) | 11:30 Chair, Stretch & Tone - Lisa (activity room) | (double classroom) | 1:00 Investment Group (double classroom) | 10:45 Bollywood Dance Class (activity room) |
| 1:00 - 3:00 Session 1- H.O.P.E. (library) | | | 1:00 Zumba – Vin (activity room) \$\$\$\$ | 11:00 Strength - Anna ZOOM |
| 1:30 Drawing with Calligraphy- Margaret (double classroom) | | | | |
| 13 9:15 Form & Function - Kelly | 14 8:30 Strength - Kelly (activity room) | 15 8:15 Walking (double classroom) | 16 8:30 Total Body Toning - Vin (activity room) | 17 8:15 Walking (double classroom) |
| (activity room) 10:15 Yoga - Kelly | 9:00 Spanish 1- Nelida (library/ZOOM) \$\$\$\$ | 9:15 Form & Function - Kelly (activity room) | 9:30 Yoga – Ria (activity room) | 8:30 Strength - Lisa (activity room) |
| (activity room) 11:00 Art of Oil Painting | 9:30 Yoga -Ria (activity room) | 10:00 Balance – Anna ZOOM | 10:00 Art of Watercolor – Margaret (double classroom) \$\$\$\$ | 9:30 Chinese Hour - Sylvia (double classroom) |
| -Zakia (double classroom) \$\$\$\$ | 10:00 NJ Save (computer room) | SHIP Counselor 9:30, 10:15, 12:00 | 11:00 Cardio - Vin (activity room) | 09:30 Tai Chi - Hsueh (activity room) |
| 11:30 Strength -Ed (activity room) | 10:00 Blood Pressure Screening | 11:00 Chair Yoga - Ed (activity room) | 1:00 Investment Group (double classroom) | 10:45 Bollywood Dance Class (activity room) |
| 1:00 - 3:00 Session 2 - H.O.P.E. | 10:00 Spanish 2 - Nelida | 11:45 Duplicate Bridge (double classroom) | 1:00 Manet Lecture- ZOOM | 11:00 Strength - Anna ZOOM |
| (library) 1:30 Drawing with | <pre>(library/ZOOM) \$\$\$\$ 11:30 Chair, Stretch & Tone -</pre> | | 1:00 Zumba – Vin (activity room) \$\$\$\$ | |
| Calligraphy- Margaret (double classroom) | Lisa (activity room) 1:00 Eating for Cancer | | | |
| | Prevention (activity room) | | | |
| | 1:00 Bingo (double classroom) | 22 | 22 | 24 |
| 20 | 21 8:30 Strength - Kelly (activity room) | 22 8:15 Walking (double classroom) | 23 8:30 Total Body Toning - Vin (activity room) | 24 8:15 Walking (double classroom) |
| | 9:00 Spanish 1 -Nelida (library/ZOOM) \$\$\$\$ | 9:15 Form & Function - Kelly (activity room) | 9:30 Yoga- Ria (activity room) | 8:30 Strength - Lisa (activity room) |
| ALME | 9:30 Yoga-Ria (activity room) | 10:00 Balance - Anna ZOOM | 10:00 Art of Watercolor – Margaret (double classroom) \$\$\$\$ | 9:30 Chinese Hour - Sylvia (double classroom) |
| SENIOR | 10:00 Spanish 2 -Nelida (library/ ZOOM) \$\$\$\$ | 11:00 Chair Yoga - Ed (activity room) | 11:00 Cardio - Vin (activity room) | 09:30 Tai Chi - Hsueh (activity room) |
| CENTER | 10:00 NJ Save (computer room) | 11:45 Duplicate Bridge (double classroom) | 1:00 Investment Group (double classroom) | 10:45 Bollywood Dance Class (activity room) |
| CLOSED | 11:30 Chair, Stretch & Tone - Lisa (activity room) | | 1:00 Zumba - Vin (activity room) \$\$\$\$ | 11:00 Strength - Anna ZOOM |
| 27 9:15 Form & Function - | 28 8:30 Strength - Kelly | 29 8:15 Walking | 30 8:30 Total Body Toning - Vin | 31 8:15 Walking |
| Kelly (activity room) | (activity room) 9:00 Spanish 1-Nelida | (double classroom) 9:15 Form & Function - Kelly | (activity room) 9:30 Yoga-Ria | (double classroom) 8:30 Strength - Lisa |
| 10:15 Yoga – Kelly (activity room) | (library/ ZOOM) \$\$\$\$ 9:30 Yoga -Ria | (activity room) 10:00 Balance - Anna ZOOM | (activity room) 10:00 Art of Watercolor - | (activity room) 9:30 Chinese Hour - Sylvia |
| 11:00 Art of Oil Painting - Zakia (double classroom) \$\$\$\$ | (activity room) 10:00 Spanish 2 -Nelida | 11:00 Chair Yoga - Ed (activity room) | Margaret (double classroom) \$\$\$\$ 11:00 Cardio - Vin | (double classroom) 09:30 Tai Chi - Hsueh |
| 11:30 Strength - Ed | (library/ ZOOM) \$\$\$\$ | 11:45 Duplicate Bridge | (activity room) | (activity room) |
| (activity room) 1:00 - 3:00 | 10:00 Depression in the Elderly Lecture (double classroom) | (double classroom) | 1:00 Investment Group (double classroom) | 10:45 Bollywood Dance Class (activity room) |
| Session 3 - H.O.P.E. (library) | 11:30 Chair, Stretch & Tone – Lisa (activity room) | | 1:00 Zumba – Vin (activity room) \$\$\$\$ | 11:00 Strength - Anna ZOOM 2:00 |
| 1:30 Drawing with Calligraphy- Margaret (double classroom) | 2:00 Book Club (library) | | | Chinese New Year Bravura Youth Orchestra Concert (activity room) |