

WEST WINDSOR SENIOR CENTER

March 2025 News & Updates

Glucose Screening

Tuesday
March 4, 2025

9:00AM - 11:00AM

Take Home Colorectal Screen & Lecture

Wednesday
March 12, 2025

11:00AM

Blood Pressure Screening

Tuesday
March 25, 2025

10:00AM - 11:00AM

Hearing Screening

Wednesday
March 26, 2025

9:00AM - 12:00PM

Book Club

Briar Club

Tuesday
March 25, 2025
2:00PM

by Kate Quinn
led by Jean

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 as spaces is limited.

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 as
appointments are limited.

NJ Senior Tax Freeze Information Program

Monday March 10, 2025
1:00PM

Come and learn more about the Anchor benefit program, the Senior Freeze & Stay NJ programs for senior homeowners. This session is for senior resident homeowners or renters 65 years or older.

Pre-Registration is required.

West Windsor Health Department

Travel Training for Older Adults

Tuesday March 11, 2025
1:00PM

The Greater Mercer Transportation Management Association will give a presentation on transportation resources. This goal of this program is to improve the ability of older adults to travel around Mercer County to employment, health care, social services, shopping and recreation. There will be an optional second session offered which would include a local trip on public transportation to increase the confidence and independence of older adults to travel throughout Mercer County