West Windsor Senior Center

CLASSES OFFERED:

Exercise:

- Balance
- Balance & Stability
- Body, Form & Function
- Cardio & Toning
- Chair Stretch & Tone
- Chair Yoga
- Strength Training
- Tai Chi
- Total Body Toning
- Yoga
- Zumba



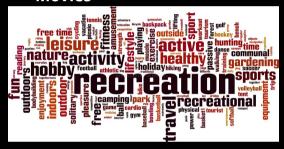
Health:

- B/P Screenings (monthly)
- Memory Screening
- Monthly Health Screenings
- Health/ Wellness Lectures
- Seasonal Flu Immunization
- COVID-19 Vaccinations



Recreation/Interest:

- Ballroom Dancing
- Billiards
- Book Club
- Cards, Games
- Day Trips
- H.O.P.E. (support group)
- Investment Discussion Group
- Movies



Educational:

- Art of Oil Painting
- Art of Watercolor
- Artists & Scholars Series
- Chinese Hour (English Instruction)
- French Language
- Music/ Opera Appreciation
- Spanish Language



Misc. Services & Programs:

- AARP Safe Driving
- AARP Tax Service (February- April)
- Durable Medical Equipment Loan Program
- S.H.I.P. Counselor