

# WEST WINDSOR SENIOR CENTER

## June 2025 News & Updates

### Glucose Screening

Wednesday  
June 4, 2025

09:00AM - 11:00AM

### Hearing Screening

Wednesday  
June 11, 2025

9:00AM - 12:00PM

### Book Club

#### The Ride of Her Life

Tuesday  
June 24, 2025  
2:00PM

by Elizabeth Letts  
led by Barbara

### Vision Screening

Tuesday  
June 24, 2025

9:00AM - 12:00PM

### Let's Learn & Create Art

#### Henri Matisse

French Fauvist and Master of Color  
&

Cut outs.

Tuesday June 3, 2025

10:00 AM

with Lisa Bayer

Using bright colored paper, we will draw with scissors as Matisse did to create a collage.

Pre-Registration is required.  
Contact the Senior Center (609) 799-9068  
Supplies will be provided.

**The Senior Center will be closed on Tuesday June 10, 2025 for Primary Elections. All activities & classes are cancelled!**

### TRIP

West Windsor Senior Center presents:

#### "CLUE"

Join us for lunch and a matinee at  
The Hunterdon Hills Playhouse!

Wednesday  
July 30, 2025  
10:00AM - 4:00PM

The internationally popular game is now a fun-filled musical that brings the world's best-known suspects to life and invites the audience to help solve the mystery: who killed Mr. Boddy, in what room, and with what weapon!

Pre-registration is required.  
Deadline: Monday June 16, 2025  
First Come First Serve

### Ageless Grace Program

Tuesday June 17, 2025  
10:00AM

Come and join certified Ageless Grace Instructor Allyson Toth. Ageless Grace is a unique fitness program designed for brain and body health that can be done by all ages and levels of ability. By using the 21 exercise 'tools' that are natural movements done in a chair for optimal functionality, all 5 functions of your brain are engaged, challenged to adapt and change structure through learning while simultaneously moving your body differently than if you were standing or using equipment (the science of neuroplasticity). Participating in an Ageless Grace session is not only a fun way to exercise and improve flexibility, but also safe for anyone with mobility, balance, and stability challenges. Attendees should wear comfortable clothing and bring a water bottle

**Senior Center 609-799-9068**