

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
- Walking
- 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)**
- **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**