


JANUARY 2025

(609)799-9068

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