

JULY 2026
(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong - Mira (double classroom) 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation - Ed (activity room) 2:50 International Ballroom (activity room)	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 - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	 SENIOR CENTER CLOSED
6	7	8	9	10
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Ria (activity room) 11:00 Art of Oil Painting II - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 1 - H.O.P.E. (library) 1:45 Art of Oil Painting I Zakia (double classroom) \$\$	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish I - Nelida (library/ZOOM) \$\$ 9:00-11:00 SNAP Tabletop 9:30 Yoga - Ria (activity room) 9:30 Friends of West Windsor 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 1:00 Bingo	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation - Ed (activity room) 2:50 International Ballroom (activity room)	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) 8:15 Strength - Helen (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 9:30 Tai Chi I - Hsueh (activity room)
13	14	15	16	17
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Ria (activity room) 11:00 Art of Oil Painting II - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 2 - H.O.P.E. (library) 1:45 Art of Oil Painting I- Zakia (double classroom) \$\$	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish I - Nelida (library/ZOOM) \$\$ 9:30 Yoga - Ria (activity room) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 12:15 Meditation - Mira (activity room)	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation - Ed (activity room) 2:50 International Ballroom (activity room)	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 - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Helen (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 9:30 Tai Chi I - Hsueh (activity room) 11:00 Strength - Anna (ZOOM ONLINE)
20	21	22	23	24
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Ria (activity room) 11:00 Art of Oil Painting II - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 3 - H.O.P.E. (library) 1:45 Art of Oil Painting I- Zakia (double classroom) \$\$	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish I - Nelida (library/ZOOM) \$\$ 9:30 Yoga - Ria (activity room) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 10:00 Bone Density Screening 10:30 Osteoporosis Health Lecture (double classroom) 11:15 Chair, Stretch & Tone - Helen (activity room) 1:00 Bingo	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Blood Pressure Screening 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation - Ed (activity room) 2:50 International Ballroom (activity room)	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 - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Linda (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 9:30 Tai Chi I - Hsueh (activity room) 11:00 Strength - Anna (ZOOM ONLINE) 1:00 Princeton the Nation's Capital 1783 Lecture -Barry Singer
27	28	29	30	31
9:15 Form & Function - Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga - Ria (activity room) 11:00 Art of Oil Painting II - Zakia (double classroom) \$\$ 11:30 Strength - Ed (activity room) 1:00 - 3:00 Session 4 - H.O.P.E. (library) 1:45 Art of Oil Painting I- Zakia (double classroom) \$\$	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 9:00 Spanish II - Nelida (library/ZOOM) \$\$ 9:30 Yoga - Ria (activity room) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 2:00 Book Club	8:15 Tai Chi II - Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation - Ed (activity room) 2:50 International Ballroom (activity room)	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 - Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba - Vin (activity room) \$\$	8:15 Walking (double classroom) 8:15 Strength - Helen (activity room) 9:30 Chinese Hour - Sylvia (double classroom) 9:30 Tai Chi I - Hsueh (activity room) 11:00 Strength - Anna ZOOM (ZOOM ONLINE)