

JULY 2026

(609) 799-9068

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