OCTOBER 2026

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			8:30 Total Body Toning – Kelly (activity room) 9:30 Yoga – Ria (activity room) 10:00 Art of Watercolor – Margaret (double classroom) $$ 11:00 Cardio – Linda (activity room) 1:00 Investment Group (double classroom)	8:15 Walking (double classroom) 8:15 Strength – Linda (activity room) 9:30 Chinese Hour – Sylvia (double classroom) 09:30 Tai Chi I – Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength – Anna (ZOOM ONLINE)
5	6	7	8	9
9:15 Form & Function – Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II– Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:45 Art of Oil Painting I –Zakia (double classroom) $$	8:30 Strength – Kelly (activity room) 8:30 Walking (double classroom) 09:00 Spanish I – Nelida (library/ZOOM) $$ 9:30 Yoga – Ria (activity room) 10:00 Hearing Lecture (double classroom) 10:00 Spanish II – Nelida (library/ZOOM) $$ 11:15 Chair, Stretch & Tone – Helen (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 11:00 Chair Yoga – Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom (activity room)	8:30 Total Body Toning Denise (activity room) 9:30 Yoga – Ria (activity room) 10:00 Art of Watercolor – Margaret (double classroom) $$ 11:00 Cardio – Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Denise (activity room) $$	8:15 Walking (double classroom) 8:15 Strength – Linda (activity room) 9:30 Chinese Hour – Sylvia (double classroom) 09:30 Tai Chi I– Hsueh (activity room) 10:45 Bollywood Dancing (activity room) 11:00 Strength – Anna (ZOOM ONLINE)
12 COLUMBUS DAY	13	14	15	16
SENIOR CENTER CLOSED	8:30 Strength – Kelly (activity room) 8:30 Walking (double classroom) 09:00 Spanish I – Nelida (library/ZOOM) $$ 9:30 Yoga – Ria (activity room) 10:00 Spanish II – Nelida (library/ZOOM) $$ 11:15 Chair, Stretch & Tone – Helen (activity room) 1:00 Bingo 1:00 Emergency Preparedness Lecture (activity room)	8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 11:00 Chair Yoga – Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom (activity room)	8:30 Total Body Toning – Denise (activity room) 9:30 Yoga – Ria (activity room) 10:00 Art of Watercolor – Margaret (double classroom) $$ 11:00 Cardio – Kelly (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Denise (activity room) $$	8:15 Walking (double classroom) 8:15 Strength – Linda (activity room) 9:30 Chinese Hour – Sylvia (double classroom) 09:30 Tai Chi I – Hsueh (activity room) SHIP Counselor (computer room) 10:45 Bollywood Dancing (activity room) 11:00 Strength – Anna (ZOOM ONLINE)
19	20	21	22	23
9:15 Form & Function – Kelly (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga – Kelly (activity room) 11:00 Art of Oil Painting II– Zakia (double classroom) $$ 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) $$	8:30 Strength – Kelly (activity room) 8:30 Walking (double classroom) 09:00 Spanish I – Nelida (library/ZOOM) $$ 9:30 Yoga – Ria (activity room) 10:30 Improving Sleep Lecture (double classroom) 10:00 Spanish II – Nelida (library/ZOOM) $$ 11:15 Chair, Stretch & Tone – Helen (activity room)	8:15 Tai Chi II-Hsueh (activity room) 8:15 Walking (double classroom) 9:00 Glucose Screening 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 11:00 Chair Yoga – Ed (activity room) 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom (activity room)	8:30 Total Body Toning Denise (activity room) 9:30 Yoga – Ria (activity room) 10:00 Art of Watercolor – Margaret (double classroom) $$ 11:00 Cardio – Linda (activity room) 1:00 Investment Group (double classroom) 1:00 Zumba – Denise (activity room) $$ FLU CLINIC 4:00PM-5:00PM	8:15 Walking (double classroom) 8:15 Strength –Linda (activity room) 9:30 Chinese Hour – Sylvia (double classroom) 09:30 Tai Chi I – Hsueh (activity room) 9:30-12:30 Mercer County Social Services Tabling Event 10:45 Bollywood Dancing (activity room) 11:00 Strength – Anna (ZOOM ONLINE) 1:00 Mercer County Surrogate Lecture
26	27	28	29	30
9:15 Walking (activity room) 9:15 Stronger Seniors Chair Class (double classroom) 10:15 Yoga – Ria (activity room) 11:00 Art of Oil Painting II – Zakia (double classroom) $$ 11:30 Strength – Ed (activity room) 1:00 Getting Started with AI (activity room) 1:00 – 3:00 Session 2 – H.O.P.E. (library) 1:45 Art of Oil Painting I – Zakia(double classroom) $$	8:15 Walking (double classroom) 8:30 Strength – Kelly (activity room) 09:00 Spanish I – Nelida (library/ZOOM) $$ 9:30 Yoga – Ria (activity room) 10:00 Friends of West Windsor Senior Citizens Meeting 10:00 Spanish II – Nelida (library/ZOOM) $$ 11:15 Chair, Stretch & Tone – Helen (activity room) 1:00 Senior Medicare Fraud Lecture (activity room) 2:00 Book Club	8:15 Tai Chi II- Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function – Kelly (activity room) 9:30 Qigong – Mira (double classroom) 10:00 Balance – Anna (ZOOM ONLINE) 11:00 Chair Yoga – Ed (activity room) 11:00 Blood Pressure Screening 11:45 Duplicate Bridge (double classroom) 2:30 International Ballroom(activity room)	8:30 Total Body Toning – Vin (activity room) 9:30 Yoga – Ria (activity room) SHIP Counselor (computer room) 10:00 Art of Watercolor – Margaret (double classroom) $$ 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) 09:30 Tai Chi I – Hsueh (activity room) 11:00 Strength– Anna (ZOOM ONLINE) 11:30 Fall Luncheon