

SEPTEMBER 2026

(609) 799-9068

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 09:00 Spanish I - Nelida (library/ZOOM) \$\$ 09:30 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 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong- Mira 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation Class- Ed 2:30 International Ballroom (activity room)	8:30 Total Body Toning - Vin (activity room) 9:30 Yoga - Ria (activity room) 10:00 Art of Watercolor - (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) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Meditation- Mira (activity room) 11:00 Strength - Anna (ZOOM/ONLINE)
7LABOR DAY	8	9	10	11 Rosh Hashanah
 SENIOR CENTER CLOSED	8:30 Strength - Kelly (activity room) 8:30 Walking (double classroom) 09:00 Spanish I - Nelida (library/ZOOM) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 10:30 Women’s Health: The Big Three (double classroom) 11:15 Chair, Stretch & Tone - Helen (activity room) 12:15 Meditation-Mira (activity room) 1:00 Bingo	8:15 Walking double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong-Mira 10:00 Balance - Anna ZOOM 11:00 Chair Yoga-Ria (activity room) 11:45 Duplicate Bridge (double classroom) 12:15 Meditation Class- Ed 2:30 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) 09:30 Tai Chi I- Hsueh (activity room) 10:45 Meditation- Mira (activity room) 11:00 Strength - Anna (ZOOM/ONLINE) 1:00 West Windsor Arts Watch Party & Craft- (activity room)
14	15	16	17	18
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 10 - 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) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Fall Painting Event (double classroom) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 11:45 Duplicate Bridge (double classroom)	8:15 Tai Chi II-Hsueh (activity room) 9:15 Form & Function -Kelly (activity room) 9:00AM 3:00PM AARP SAFE DRIVING COURSE 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 12:15 Meditation Class- Ed 2:30 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) 9:00-11:00 JFCS Table Event 9:30 Chinese Hour - Sylvia (double classroom) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dance (activity room) 11:00 Strength - Anna (ZOOM ONLINE)
21	22	23	24	25
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) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 1:00 Bingo	8:00-11:00 Recycle Tabletop Event 8:15 Tai Chi II-Hsueh (activity room) 8:15 Walking (double classroom) 9:15 Form & Function - Kelly (activity room) 9:30 Qigong-Mira 10:00 Balance - Anna (ZOOM ONLINE) 11:00 Chair Yoga - Ed (activity room) 11:00 Blood Pressure Screening 11:45 Duplicate Bridge (double classroom) 12:00 Sound Bath Meditation - Ed (activity room) 2:30 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) 09:30 Tai Chi I - Hsueh (activity room) 10:45 Bollywood Dance (activity room)
28	29	30		
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) \$\$ 09:30 Yoga - Ria (activity room) 10:00 Spanish II - Nelida (library/ZOOM) \$\$ 11:15 Chair, Stretch & Tone - Helen (activity room) 2:00 Book Club	SENIOR CENTER CLOSED FOR CLASSES & ACTIVITES FLU CLINIC 10:00AM-1:00PM		