

WEST WINDSOR SENIOR CENTER

June 2026 News & Updates

Hearing Screening

Wednesday
June 3, 2026

10:00AM-12:00PM

Glucose Screening

Tuesday
June 9, 2026

10:00AM-12:00PM

Vision Screening

Tuesday
June 23, 2026

10:00AM - 12:00PM

Blood Pressure Screening

Wednesday
June 24, 2026

11:00AM - 12:00PM

Talking About Books

"Spectacular"

Tuesday June 30, 2026
2:00PM - 3:00PM

by Fiona Davis
led by Lois

Senior Medicare Fraud Lecture

with Joel Schneider
Senior Medicare Patrol of NJ
Outreach Specialist.

Tuesday June 16, 2026
1:00PM

In the ages of Artificial Intelligence protect yourself against financial and Health Care Fraud & Abuse.

Come and learn simple strategies and techniques to use in your every day life.

MUSIC CONCERT

"Legends at Large" Carmen Marranco & Bud Belviso.

Friday
June 6, 2026
1:00PM

Come join Carmen and Bud for a little rock and roll, a little blues and a little bit country. Music from the Allman Brothers, Eric Clapton, B.B. King, Elvis, Alan Jackson, Johnny Cash some originals and more!

Sound Bath & Meditation Healing

with Instructor Ed

Wednesday
June 24, 2026
12:00PM

Come explore all the benefits of sound bath healing. Sound healing is a meditative relaxation that can help create balance in your mind, body, and spirit. The deep peace of this practice has been known to reduce stress, lower blood pressure improve sleep, and aid in pain relief. In this workshop, we will combine crystal singing bowls, Tibetan bowls, gongs, chimes, ocean sounds, and tuning forks to create a peaceful atmosphere for a prolonged, deep meditation. It is recommended to be done on a yoga mat or if needed in a chair. Bring a pillow, a blanket, and an open mind as we welcome the Summer Solstice.