

WEST WINDSOR SENIOR CENTER

September 2026 News & Updates

Jewish Family & Children Services

Friday
September 18, 2026
9:00AM - 11:00AM

Come learn more about
what they have to offer at their
upcoming tabletop

Blood Pressure Screening

Wednesday
September 23, 2026
11:00AM - 12:00PM

Book Club

Daughters of the Bamboo Grove

by
Barbara Damek

Tuesday
September 29, 2026
2:00PM

FLU CLINIC

Wednesday
September 30, 2026
10:00AM - 1:00PM

Register with
West Windsor
Health Department
609-936-8400

Women's Health: The Big Three

Tuesday September 8, 2026
10:30AM

Join Penn Medicine Princeton Health Community Wellness Program Associate Maria Benerofe BS, VDT-CT, RYT200. This program explores the major risk factors associated with heart disease, breast cancer, and stroke. Participants will learn to recognize the signs and symptoms of these conditions, understand effective prevention strategies, and gain information about recommended health screenings.

Fall Arts & Craft Social Event

Tuesday September 15, 2026
10:00AM

Join LOES (Loving Our Elders & Seniors) for a fun and creative morning of fall-themed arts and crafts, refreshments, and friendship! This special event gives you the opportunity to express your creativity, connect with others, and enjoy a welcoming community atmosphere.

Guided fall-themed arts and crafts activities, including painting decorative wooden plaques and seasonal keepsakes.

AARP Foundation Safe Driving Course

Wednesday September 16, 2026
9:00AM - 3:00PM

This class is a refresher course for drivers. You will learn the rules of the road, as well as defensive driving techniques. You may also qualify for a discount on your auto insurance.

Class Fees Apply:
AARP Member - \$20
Non-Member - \$25
Cash or Check ONLY

Pre-Registration is REQUIRED.
Sr. Cafe is closed. Bring your lunch!

Sound Bath Meditation & Healing

Instructor Ed

Wednesday September 23, 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. This class can be done on a yoga mat or in a chair. Bring a pillow, a blanket, and an open mind.

Senior Center 609-799-9068