

Virtual Exercise Program

Warren County Department
of Aging & Disabilities Services
To register Please call 908-475-6591

2023

Hello,
September!

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Strengthen, Stabilize and Stretch Chair Yoga 11 am (Zoom)
4	5	6	7	8
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom) Holiday	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30am (Zoom)	Virtual Tai Chi for Seniors 9 am (Zoom) Sorry EVENT CANCELLED	Strengthen, Stabilize and Stretch Chair Yoga 11 am (Zoom)
11	12	13	14	15
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)	Virtual Tai Chi for Seniors 9 am (Zoom) Sorry EVENT CANCELLED	Strengthen, Stabilize and Stretch Chair Yoga 11 am (Zoom)
18	19	20	21	22
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)	Virtual Tai Chi for Seniors 9 am (Zoom) Sorry EVENT CANCELLED	Strengthen, Stabilize and Stretch Chair Yoga 11 am (Zoom)
25	26	27	28	29
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)	Virtual Tai Chi for Seniors 9 am (Zoom) Sorry EVENT CANCELLED	Strengthen, Stabilize and Stretch Chair Yoga 11 am (Zoom)