




# SENIOR HEALTH & FITNESS

<http://www.co.hunterdon.nj.us/seniors.htm>

908-284-6128

## APRIL 2023

Classes may be cancelled due to unforeseen circumstances.  
Please call or check the Website for the latest information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Special Events (Onsite)</b> 4/5: Mindfulness Workshop 4/13: Derby Hat making Party 4/17: Revolutionary War Lecture 4/20: Low Vision 4/21: Flower Arranging 4/25: Mr. Fix It Appliance Day 4/27: Monthly Movie 4/28: Cooking Healthy	<b>Special Events (Offsite)</b> 4/14: Dine & Chat- Capuano Ristorante			 
9:00AM --Tai chi (Offsite) Clinton United Meth. Church 9:15AM -- Healthy Bones (Onsite) 9:30AM-- Healthy Bones (Virtual) 9:30AM - Healthy Bones (Onsite) 10:00AM - Beg. Line Dance (Onsite) 10:00AM - *NEW* Bocce (Onsite) 11:00AM - Ballet (Onsite) 12:15PM -Tap 1 (Onsite) 1:30PM - Tai Chi for Health (Onsite) 2:30PM- Beg. Tai Chi / Health (Onsite)	9:00AM-- Healthy Bones (Virtual) 9:30AM- LI Aerobics (Hybrid) 10:00AM- Chair Aerobics (Hybrid) 10:00AM- Adv Fitness (Virtual) 10:00AM - Bocce 11:00AM -- Mat Yoga (Offsite) Three Bridges Reformed Church 11:00AM --Beg. Line Dance (Onsite) 11:15AM--Move Tomorrow (Onsite) 12:00PM --Int. Line Dance (Onsite) 1:00PM -- Adv. Line Dance (Onsite) 1:30PM -Breathing/ Meditation (Virtual)	9:00AM - Tai chi (Onsite) 9:30AM -- Getting Stronger (Offsite) Frenchtown Pres. Church 10:15AM -- Beg. Tap (Onsite) 10:30AM - Chair Yoga (Offsite) Three Bridges Reformed Church 11:30AM -Tap 2 (Onsite) 1:00PM -- Matter of Balance (Onsite) 1:00PM -- Tai Chi / Health (Onsite) 2:00PM --Beg. Tai Chi/ Health (Onsite)	9:30AM - Beg. Healthy Bones (Onsite) 9:30AM - Zumba Gold (Hybrid) 10:00AM- Healthy Bones (Virtual) 10:45AM -Chair Yoga (Onsite) 12:00PM -Pilates (Onsite) 1:15PM -- Ballet (Onsite) 2:30PM --Tap Together (Onsite)	SENIOR CENTER CLOSED
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