



Senior Health and Fitness Calendar

<https://www.co.hunterdon.nj.us/495/Senior-Center>

908-788-1359

February 2025

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Events 2/4: Blood Pressure Screening* 2/6: Tech Talk 2/10: Music Appreciation 2/10: Bingo 2/13: Nutrition and Wellness Series 2/13: Grief Support Group</p>	<p>Special Events 2/20: Low Vision Support Group 2/24: Travelscapes Part 1 2/25: Silhouette Art 2/27: Monthly Movie 2/28: Valentine's Day Special – Music and Lunch</p>		<p>happy Valentine's day</p> 	
<p>9:00 AM – Tai Chi (Offsite) 9:15 AM – Healthy Bones (Onsite) 9:30 AM-- Healthy Bones (Virtual) 9:30 AM - Healthy Bones (Onsite) 10:00 AM – Jazz (Onsite) 11:00 AM – Ballet (Onsite) 12:15 PM – Tap 1 (Onsite) 1:30 PM – Mat Yoga (Onsite) 2:45 PM – Chair Yoga (Hybrid)</p> <p style="text-align: right;">3</p>	<p>9:00 AM - Healthy Bones (Virtual) 9:30 AM - LI Aerobics (Hybrid) 10:00 AM - Chair Aerobics (Hybrid) 11:30 AM – Move Tomorrow (Onsite) 11:45 AM - Int. Line Dance (Onsite) 1:00 PM - Adv. Line Dance (Onsite) 1:30 PM – Chair Yoga (Offsite) 1:30 PM - Breathing /Meditation (Virtual) 2:30 PM – Try Out Tap (Onsite)</p> <p style="text-align: right;">4</p>	<p>9:00 AM - Tai Chi (Onsite) 9:30 AM - Getting Stronger (Offsite) 10:15 AM – Tap 2 (Onsite) 1:30 PM – Adv. Tai Chi/Health (Onsite) 2:30 PM - Beg. Tai Chi/ Health (Hybrid)</p> <p style="text-align: right;">5</p>	<p>9:15 AM - Zumba Gold (Hybrid) 10:00 AM - Healthy Bones (Virtual) 10:30 AM - Pilates (Onsite) 12:00 PM – Chair Yoga (Onsite) 1:30 PM – Strength and Balance (Offsite) 2:30 PM – Tap Together (Onsite)</p> <p style="text-align: right;">6</p>	<p>9:00 AM - Qi Gong (Virtual) 10:00 AM - Chair Aerobics (Hybrid) 11:00 AM - LI Aerobics (Hybrid)</p> <p style="text-align: right;">7</p>
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<p style="text-align: center;"><u>County Holiday</u> <u>Senior Center Closed</u></p> <p style="text-align: right;">17</p>	<p>9:00 AM - Healthy Bones (Virtual) 9:30 AM - LI Aerobics (Hybrid) 10:00 AM - Chair Aerobics (Hybrid) 11:30 AM – Move Tomorrow (Onsite) 11:45 AM - Int. Line Dance (Onsite) 1:00 PM - Adv. Line Dance (Onsite) 1:30 PM – Chair Yoga (Offsite) 1:30 PM - Breathing /Meditation (Virtual) 2:30 PM – Try Out Tap (Onsite)</p> <p style="text-align: right;">18</p>	<p>9:00 AM - Tai Chi (Onsite) 9:30 AM - Getting Stronger (Offsite) 10:15 AM – Tap 2 (Onsite) 1:30 PM – Adv. Tai Chi/Health (Onsite) 2:30 PM - Beg. Tai Chi/ Health (Hybrid)</p> <p style="text-align: right;">19</p>	<p>9:15 AM - Zumba Gold (Hybrid) 10:00 AM - Healthy Bones (Virtual) 10:30 AM - Pilates (Onsite) 12:00 PM Chair Yoga (Cancelled) 1:30 PM – Strength and Balance (Offsite) 2:30 PM – Tap Together (Onsite)</p> <p style="text-align: right;">20</p>	<p>9:00 AM - Qi Gong (Virtual) 10:00 AM - Chair Aerobics (Hybrid) 11:00 AM - LI Aerobics (Hybrid)</p> <p style="text-align: right;">21</p>
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