

December
2024

Virtual Exercise Program

Warren County Department of Aging & Disabilities Services

To register Please call 908-475-6591

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
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		Forever Young Chair Yoga 9:30am
9	10	11	12	13
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30am (Zoom)		Forever Young Chair Yoga 9:30am
16	17	18	19	20
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)		Forever Young Chair Yoga 9:30am
23	24	25	26	27
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Holiday		Forever Young Chair Yoga 9:30am
30	31			
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)			