

# Virtual Exercise Program

Warren County Department of Aging & Disabilities Services

To register Please call 908-475-6591



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Virt Yoga  Holiday		Forever Young Chair Yoga 9:30am
6	7	8	9	10
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
13	14	15	16	17
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
20	21	22	23	24
Virtual Chair Yoga for Joint Health or Seniors Holiday	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)		Forever Young Chair Yoga 9:30am
27	28	29	30	31
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