

# Virtual Exercise Program

Warren County Department of Aging & Disabilities Services

To register Please call 908-475-6591



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors		Forever Young Chair Yoga 9:30am
10	11	12	13	14
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) <b>Holiday</b>		Forever Young Chair Yoga 10:30am 
17	18	19	20	21
Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom) <b>Holiday</b>	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)		Forever Young Chair Yoga 9:30am
24	25	26	27	28
Virtual Chair Yoga for Joint Health or Seniors	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)		Forever Young Chair Yoga 9:30am