


WC Division of  
Aging & Disability  
Services  
1-877-222-3737  
908-475-6591

# NOVEMBER

## Warren County Community Senior Center 2024 Washington Activity Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
					1
					<b>ZUMBA WITH SANDY</b> 10AM
	4	5	6	7	8
 <b>NUTRITION</b>		<b>TAI CHI 10:30 AM</b>  <b>Holiday-Closed</b>		<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10 AM
	11	12	13	14	15
 <b>Holiday-Closed</b>		<b>TAI CHI 10:30 AM</b> 		<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10 AM
	18	19	20	21	22
<b>Chronic Pain 11-12noon</b> 		<b>TAI CHI 10:30 AM</b>	November Gift Card raffle 	<b>YOGA WITH LIZ</b> 10:30 am	<b>ZUMBA WITH SANDY</b> 10 AM
	25	26	27	28	29
<i>In all things GIVE thanks!</i>  <b>Chronic Pain 11-12 noon</b> 		<b>TAI CHI 10:30 AM</b>		<b>Holiday-Closed</b> 	<b>Holiday-Closed</b>

New & Notices

**Washington Community Senior Center**  
33 Brass Castle Rd  
Washington, NJ  
908-689-0650

**Virtual Exercise is available via zoom call 908-475-6591 for more info.**

