



2024

Virtual Exercise Program

Warren County Department of Aging & Disabilities Services

To register Please call 908-475-6591

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Forever Young Chair Yoga 9:30am
4	5	6	7	8
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
11	12	13	14	15
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
18	19	20	21	22
Virtual Chair Yoga for 	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9:30 am (Zoom)		Forever Young Chair Yoga 9:30am
25	26	27	28	29
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)		