



2024

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	4
	Virtual Meditation for Seniors 11 am (Zoom)	Virtual Chair Yoga for Seniors 9 :30am (Zoom)		Forever Young Chair Yoga 9:30am
7	8	9	10	11
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
14	15	16	17	18
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
21	22	23	24	25
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
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)		