

AUGUST 2025

Virtual Exercise

Warren County Department of Aging and Disabilities Services

To register please call 908-475-6591

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Forever Young Chair Yoga 9:30am 1	
	Virtual Chair Yoga for Joint Health for Seniors 11am 4	Virtual Meditation for Seniors 11 5	Virtual Chair Yoga 9:30 am 6		Forever Young Chair Yoga 9:30am 8	
	Virtual Chair Yoga for Joint Health for Seniors 11am 11	Virtual Meditation for Seniors 11 am 12	Virtual Chair Yoga 9:30 am 13		Forever Young Chair Yoga 9:30am 15	
	Virtual Chair Yoga for Joint Health for Seniors 11am 18	Virtual Meditation for Seniors 11 am 19	Virtual Chair Yoga 9:30 am 20		Forever Young Chair Yoga 9:30am 22	
	Virtual Chair Yoga for Joint Health for Seniors 11am 25	Virtual Meditation for Seniors 11 am 26	Virtual Chair Yoga 9:30 am 27		Forever Young Chair Yoga 9:30am 29	