

2026

# May

Virtual Excise Program

Warren County Department of Aging & Disabilities Services  
to register please call 908-475-6591

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Forever Young Exercise 9:30am	2	3
4 Virtual Chair Yoga for Joint Health 11am	5 Meditation 9:30 am	6 Chair Yoga 9:30am	7	8 Forever Young Exercise 9:30am	9	10
11 Virtual Chair Yoga for Joint Health 11am	12 Meditation 9:30 am	13 Chair Yoga 9:30	14	15 Forever Young Exercise 9:30am <small>Cancelled</small>	16	17
18 Virtual Chair Yoga for Joint Health 11am	19 Meditation 9:30am <small>Cancelled</small>	20 Chair Yoga 9:30 <small>Cancelled</small>	21	22 Forever Young Exercise 9:30am <small>Cancelled</small>	23	24
25 Virtual Chair Yoga for Joint Health 11am <small>Cancelled</small>	26 Meditation 9:30 am	27 Chair Yoga 9:30	28	29 Forever Young Exercise 9:30am	30	31