JULY 2026

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

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