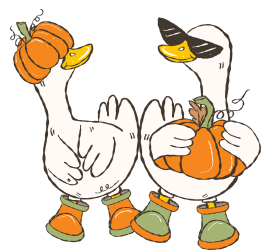


OCTOBER 2026

VIRTUAL EXERCISE PROGRAM
WARREN COUNTY DEPARTMENT OF AGING & DISABILITIES SERVICES
TO REGISTER PLEASE CALL 908-475-6591

When you'll
more to le
own in...

SUN	MON	TUE	WED	THU	FRI	SAT
hello FALL				1	2 Forever Young Chair Yoga 9:30am	3 
4	5 Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	6 Virtual Meditation for Seniors 9:30am (Zoom)	7 Virtual Chair Yoga for Seniors 9:30am (Zoom)	8	9 Forever Young Chair Yoga 9:30am	10
11	12 Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	13 Virtual Meditation for Seniors 9:30 am (Zoom)	14 Virtual Chair Yoga for Seniors 9:30am (Zoom)	15	16 Forever Young Chair Yoga 9:30am	17
18	19 Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	20 Virtual Meditation for Seniors 9:30am (Zoom)	21 Virtual Chair Yoga for Seniors 9:30am (Zoom)	22	23 Forever Young Chair Yoga 9:30am	24
25 	26 Virtual Chair Yoga for Joint Health or Seniors 11am (Zoom)	27 Virtual Meditation for Seniors 9:30am (Zoom)	28 Virtual Chair Yoga for Seniors 9:30am (Zoom)	29	30 Forever Young Chair Yoga 9:30am	31 Happy Halloween 