



Classes & Programs for Seniors

Fall 2019

Registration is required and available online from the township website or in-person. If you need assistance creating a user account contact us at 609-799-0909 x1719. Classes are FREE unless otherwise noted and are open to township residents ages 55+. Limited space available to non-resident Senior Club Members for \$25.00 per program (unless otherwise noted) beginning 9/3.

Unless otherwise noted, all programs and activities will take place at the Recreation & Cultural Center at 641 Plainsboro Road.

Archery for Seniors

Learn the basics of archery using a compound bow.

4 classes (9/16-10/7) Mon 1:00-2:30 pm

Senior Strength Training

Exercises to tone muscles, build strength, improve balance, and increase bone density.

12 classes (9/11-12/12)
Wed 10:45 am OR 11:45 am OR

Thurs 10:30am

Advanced Senior Strength Training

Advanced class for those who have been in previous strength training classes.

12 classes (9/9-12/9) Resident \$36.00
Mon 12:00-1:00 pm Non-Resident \$46.00

Senior Chair Exercise

Strengthen and stretch while seated in a chair.
12 classes (9/13-12/13) Fri 12:00-12:45 pm

Senior Chair Yoga

Gentle Yoga poses done on and behind the chair with breath work and meditation.
12 classes (9/12-12/12) Thurs 2:00-2:45 pm

Senior Yoga

Gentle yoga poses with breath work and meditation.
14 classes (9/10-12/10) Tues 1:00-2:00 pm

New! Let's Dance

Fun energetic class with lively music. We will work on balance and coordination.
10 classes (9/16-12/9) Mon 2:00-2:45 pm

Dance and Tone

Simplified dance movement exercises that build strength, flexibility, and balance while having fun to music.

12 classes (9/12-12/12) Thurs 1:00-1:45 pm

Senior Zumba Lite

Fun and lively Latin dance exercise class. Municipal Building, Room A/B.
13 classes (9/10-12/10) Tues 2:15-3:00 pm

Senior Jazzercise Lite

Fun, easy dance/fitness class for all levels.
12 classes (9/13-12/13) Fri 9:15-10:00 am



Art Classes

Acrylic Landscape

Ages 14+ Follow step by step instructions to paint a landscape with acrylic paints. Open to beginners. Please dress for the mess.
(9/25) Resident \$20.00
Wed 4:00-6:00 pm Non-Resident \$22.00

Pastel Still Life

Ages 14+ Draw a beautiful pastel still life by following step by step instructions.
(11/20) Resident \$20.00
Wed 4:00-6:00 pm Non-Resident \$22.00

Creative Wellbeing

Brain/body activities, social engagement, dance sequences, chair yoga, meditation, vocalizations, and other exercises.
11 classes (9/14-12/14) Sat 10:00-11:00 am

New! Just Balance

Class will help you keep and improve your balance through an array of exercises.
12 classes (9/11-12/4) Wed 1:00 -2:00 pm



Plainsboro Senior Club

The Senior Club is a non-profit 55+ group that meets on the 2nd Wednesday of the month (except July, August, and December) in the Municipal Building, Room A/B. Contact President: Douglas Fullman 609-275-4965 for details.

Senior Trips

Advanced registration is required for trips on a first-come, first-serve basis. Contact Sr. Trip Coordinator, Janet Schock 609-751-7148.

For questions about senior programs and to get on the Senior Mailing List, contact Program Coordinator for Seniors, Tina Preville at 609-799-0909 x1705 or x1719.

Senior Holiday Luncheon

Gather with friends and enjoy entertainment and lunch at the Cranbury Inn. Registration required. Free for residents/\$30 non-resident senior club members.
Wed. 12/11 12:00-2:00 pm
*Note: Registration opens with our regular fall programs on 8/26.

AARP Smart Driver Course

Awareness of safe driving.
Mon. & Tues. 9:00 am-12:00 pm (9/23 & 9/24)
\$15.00 AARP members/\$20.00 non-members

Senior Tai Chi

Ancient martial arts Municipal Building, Room A/B.
11 classes (9/14-12/14) Sat 12:15-1:15 pm

Drop-In Programs

Free weekly programs. No registration required.

Fabulous Fridays

Kicks off 9/13 with an ice cream social. Enjoy entertainment sponsored by Ovation at Riverwalk refreshments with friends; speakers, pot luck lunches, birthday celebrations and bingo. Every Friday. A calendar of activities will be included in the senior mailing.



Fri 12:30-2:30 pm

Pickleball

A fun paddle type game using a short court and whiffle ball. Great exercise, easy to learn and social. Equipment must be signed out for play. New members call Dicky 609-578-0738 or Liz 609-462-9662.



Needle Art Engineers

Calling all knitters, quilters, needlepoint, and crafters. Join this social group while you work on and share your talent.
Mon 12:00-2:00 pm

Scrapbooking Club

Bring photos, a blank book, adhesives, and embellishments to create your own scrapbook masterpiece while enjoying the company of others.
Wed 12:00 -4:00 pm

Resident registration opens August 26, Non-Resident Sept 3. Register online at www.plainsboronj.com or in the Recreation & Cultural Center.