



# Exercise instruction at the Metuchen Senior Center

*~ Free for Metuchen Seniors  
~ Non-resident Seniors pay  
an annual \$30*

## *Monday*

Ballroom Dancing  
12:30pm—1:30pm

Line Dancing  
1:30pm—2:30pm

*Come for 1 class  
or both!*

## *Tuesday*

Zumba Gold  
11am—12pm

Wellness Tai Chi  
1pm—2:15pm

## *Tuesday & Thursday*

Senior Aerobics  
9:30am—10:30am

## *Every other Friday!*

Chair Yoga  
10:30am—11:15pm

*\*see Calendar for specific dates*

*Also—Sign up in the fall for the Middlesex County Senior Walk and Fitness Day at Roosevelt Park,  
September (date TBD) from 10am—1pm, Free Lunch provided!*

## Call today for more info!

Metuchen Senior Center  
15 Center St., Metuchen  
(732) 632-8524



The Metuchen Senior Citizen Center is a drop-in facility for those aged 60+. A range of activities and services are offered—exercise, dance, tai chi, art, ceramics, cards, casino trips, information and referral, health screenings, counseling and income tax assistance (Feb. through April 15).

The Center is open Monday through Friday from 9:00AM to 2:30PM.

Minibus transportation is available to Borough residents 60 and over, free of charge for appointments, shopping, banking and Center activities. Reservations are required 24 hours in advance and may be made by calling (732) 632-8525 between 9:00AM and 2:30PM.