

FREE!

Exercise instruction at the Metuchen Senior Center

Drop in for a class!

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

Friday (twice a month)*

Chair Yoga
11:15am—12pm

**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.