

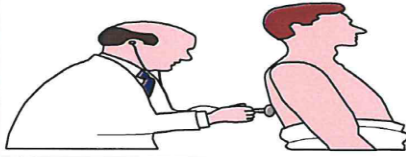
“The Place To Be”

Willingboro Department On Aging  
Reva Foster Senior Citizen Center  
429 JFK Way- Willingboro, N.J. 08046  
Reva Foster, Exec. Director  
Tel: (609) 877-8444- Fax: (609) 877-1791

“The Place To Be”

2024 CLASS SCHEDULE Rev.3

CLASSES	DATE	TIME	PLACE
Veterans Session 9am Arthritis Exercise Healthy Bones Exercise Sit–Down Exercise Low–Impact Exercise Martial Fitness Chronic Condition Management	Every Tuesday, Thursday & Friday Every Tuesday Every Thursday Every Tuesday & Thursday Every Tuesday & Thursday Every Tuesday & Thursday Every Tuesday	12:00a - 4:00p 9:00a-10:00a TBD 10:30a-11:00a 11:00a-11:30a 11:30a-12:00p 10:00a-12:30p	Room 108 Creative Arts Room Exercise Room Creative Arts Room Creative Arts Room Creative Arts Room Computer Room
Food Smart for Adults (Nutritionist) Diabetes Class	Every Tuesday Every Tuesday	12:00p–1:00p 12:00p- 2:00p	Center Lounge Exercise Room
Pain Management Class	Every Thursday	TBD	Computer Room
Intro Tai Chi Class (Virtual) Evening Tai Chi Class (Veterans)	Every Tuesday Every Tuesday Every Wednesday	9:30a-11:30a 12:30p–2:30p 7:00p–8:00p	Virtual Virtual Exercise Room
 Defense Class	Every Wednesday Every Thursday	6:00p–7:00p 5:00p–8:00p	Exercise Room Exercise Room
Chair Yoga Gentle Chair Yoga Gentle Beginner Yoga Arthritis Yoga & Pilates Intermediate Yoga Chair Yoga Yoga, Meditation & Venerate Ancestors Yoga, Meditation & Venerate Ancestors	Every Monday Every Wednesday Every Friday Every Wednesday Every Wednesday Every Tuesday Every Friday Every Tuesday Every Thursday	 10:00a-11:30a 10:00a-11:30a 10:00a-11:30a 2:00p _ 3:00p 3:00p–4:30p 2:00p–3:30p 10:00a-11:30a 2:30p –4:00p 2:30p– 4:00p	Exercise Room Exercise Room Exercise Room Exercise Room Exercise Room Exercise Room Exercise Room Creative Arts Room Creative Arts Room
Line Dancing	Every Monday	11:30a-1:30p	Creative Arts Room
 Crochet Machine Quilting Machine Quilting	Every Tuesday Every Thursday Every Wednesday Every Friday	12:00a –2:00p 12:00a–2:00p 10:00a–2:00p 10:00a–2:00p	Resource Center Resource Center Creative Arts Room Creative Arts Room
Senior B I N G O	Every Friday	12:30p–2:30p	Resource Room
Driver’s Safety (Must Sign-up)	Twice a year	9:00a–12:00p	Computer Room
Ceramics 	Every Mon., Tues., Wed. & Thurs.	11:00a -3:00p	Ceramic Room
 Computer Class	Every Monday (Beginner) Every Monday (Beginner) Every Thursday (Intermediate)	10:30a-12:00p 12:30p –1:30p 10:30a-12:00p	Computer Room Computer Room Computer Room



**Healthy Living: A Way of Life**  
 A Very Special *"Thank You"* to all our  
 generous and wonderful **\$ Green Sponsors \$**

ASK THE EXPERT	DATE	TIME	PLACE
<ul style="list-style-type: none"> <li>VETERANS' BLACK HISTORY</li> </ul>	February 23 & 24	10:00a–1:00p	Room 108
<ul style="list-style-type: none"> <li><b>FREE TAX PREPARATION</b> By appointment - Call 609-877-8444</li> </ul>	Every Wednesday, February 6 - April 28	9:00a–1:00p	Computer Room
<ul style="list-style-type: none"> <li>Senior Defensive Driving Course <b>(Must sign-up)</b> Sponsor: <i>A.A.R.P.</i></li> </ul>	2nd & 4th Quarter Wednesday & Thursday	9:00a -12:00p	Computer Room
<ul style="list-style-type: none"> <li>Luncheon on Drug Education Sponsor: <i>Municipal Alliance</i></li> </ul>	3rd Quarter Friday	2:00p	Resource Center
<ul style="list-style-type: none"> <li>Complete Elder Health Awareness Monthly Sessions (see attachment) Sponsor: <i>Complete Care</i></li> </ul>	Every 3rd Thursday	11:30a	Resource Center
<ul style="list-style-type: none"> <li>Senior Job Workshop Sponsor: <i>NCOA PathStone</i></li> </ul>	Every 4th Wednesday	1:30a–3:00p	Resource Center
<ul style="list-style-type: none"> <li>Senior Caring &amp; Sharing Sessions</li> </ul>	Every 1st & 3rd Tuesday	12:00p	Exercise Room
<ul style="list-style-type: none"> <li>Healthy Living: A Way of Life (one-on-one sessions)</li> </ul>	Every Monday (By appointments only)	10:00a	Computer Room
<ul style="list-style-type: none"> <li><b>HEALTH</b></li> </ul>	Every Tuesday	10:00-12:00p	Resource Center
<ul style="list-style-type: none"> <li><b>BRIDGE</b></li> </ul>	Every Tuesday	1:00p-4:00p	Creative Arts Room
<ul style="list-style-type: none"> <li><b>MAHJONG</b> (Sign-up through BCC LIFE.) Sponsor: <i>Life Program</i></li> </ul>	Every Thursday	1:00p-3:30p	Creative Arts Room
<ul style="list-style-type: none"> <li>Seniors Watch Their Blood Pressures Sponsor: <i>Moorestown Nurses 2nd Center Nurse 4th</i></li> </ul>	Every 2nd & 4th Tuesday	10:00a–1:00p	Resource Center
<ul style="list-style-type: none"> <li>Seniors Watching their Sugar Sponsor: <i>Virtua Hospital</i></li> </ul>	Every 3rd Tuesday	10:00a-1:00p	Resource Center
<ul style="list-style-type: none"> <li>Seniors Legal Assistance</li> </ul>	Every Tuesday	10:00a-1:00p	Resource Center
<ul style="list-style-type: none"> <li>Sponsor: <i>County Aging</i></li> </ul>	Every Quarter	10:00a–1:00p	Resource Center
<ul style="list-style-type: none"> <li>Court Procedures &amp; Process</li> </ul>		10:00a–1:00p	Resource Center C RFSC



**ASK THE EXPERT:**

*Healthy Living: A Way of Life*

**COMPLETE CARE – HEALTH SERVICES**

**REVA FOSTER SENIOR CENTER  
2024 SCHEDULE**

**(Every 3<sup>rd</sup> Thursday at 11:30am in the Resource Room)**

**January 18-** Transitional Care Navigator, Tiffany McGovern.

Patient Care Medical Group

**February 22** – Special B I N G O with Prizes

- presented by: Complete Care, LLC.

**March 21** – Understanding Hospice

**April 18** - Nutrition

- presented by: Complete Care, LLC

**May 16** – Fraud prevention and scams. Sgt. Frank Bremer

**June 20** – Short Term Rehab- Exercise

- presented by: Complete Care, LLC.

**July 18** - “The Importance of Hydration” (*Dietician*).

**August 15** - Why do you need a Flu Shot (Vaccine)?

**September 19** – Special B I N G O with Prizes

**October 17** – “Ask the Nurse” - Chronic Disease – High Blood Pressure

**November 21** - Power of Attorney

**ALERT:** Remember to sign-in for each Ask the Expert session. *All Seniors with a perfect attendance will receive a “very SPECIAL gift” at the November session. “The Place to Be”*

*"The Place To Be"*

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**2024  
HOLIDAY CELEBRATIONS**

*Live Music  
Line Dancing  
Banquet Style Buffet  
Special Gifts*

**"COME OUT AND HAVE A GREAT TIME!!!"**



**VALENTINE DAY  
FRIDAY, FEBRUARY 9**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Wear Red



**ST. PATRICK'S DAY  
FRIDAY, MARCH 15**  
1:00pm - 4:00pm  
Reva Foster Senior Center  
Dress Code: Wear Green



**EASTER LUNCHEON  
THURSDAY, MARCH 28**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Dress to Impress



**MEMORIAL DAY  
FRIDAY, MAY 24**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Patriotic



**4TH OF JULY  
FRIDAY, JUNE 28**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Patriotic



**AFTERNOON OF MUSIC  
FRIDAY, JUNE 28**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Wear Black & White



**Labor Day**



**LABOR DAY  
FRIDAY, AUGUST 30**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Patriotic



**MOTOWN REVIEW  
FRIDAY, OCTOBER 25**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Wear Black & White



**THANKSGIVING LUNCHEON  
FRIDAY, NOVEMBER 22**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Dress to Impress



**HOLIDAY PARTY  
FRIDAY, DECEMBER 20**  
1:00pm - 4:00pm  
JFK Banquet Hall  
Dress Code: Wear Red