William V. Musto Cultural Center 420 - 15th Street Union City, NJ 201-348-2313

# **Adults & Seniors**

FREE PROGRAMS

## **CERAMICS CLASS**

Monday - Thursday

8:00 AM - 1:00 PM

Requires Registration



## **MEALS ON WHEELS**

Monday - Friday

8:00 AM - 1:00 PM

Requires Registration



# **AERÓBIC**

Mondays, Wednesdays, & Fridays

1:00 PM - 2:00 PM



Tuesdays & Thursdays

1:00 PM - 2:00 PM



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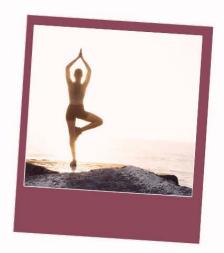
# **Adults & Seniors**

PROGRAMAS GRATIS

### TAI CHI/QIGONG

Tuesday

2:15 PM - 3:15 PM



#### **VINYASA YOGA**

Thursday

7:15 PM - 8:15 PM

friday

6:30 PM- 7:30 PM

Saturday

9:30 AM - 10:30 AM



#### **HOLISTIC PROGRAM**

1st Saturday of the Month 2:00 PM - 8:00 PM

### **COMMUNITY CIRCLE**

1st Sunday of the Month 2:00 PM - 5:00 PM

