

Hillsborough Township
SOCIAL SERVICES
IN PARTNERSHIP WITH
AVALON ASSISTED LIVING at HILLSBOROUGH

**Instrumental Meditation & Fall Yoga Series
for Hillsborough Seniors**

CLASS DATES

TUESDAY, AUGUST 20 AT 11AM
CELEBRATE SENIOR CITIZENS DAY

REGISTRATION BEGINS THURSDAY, 8/1/24

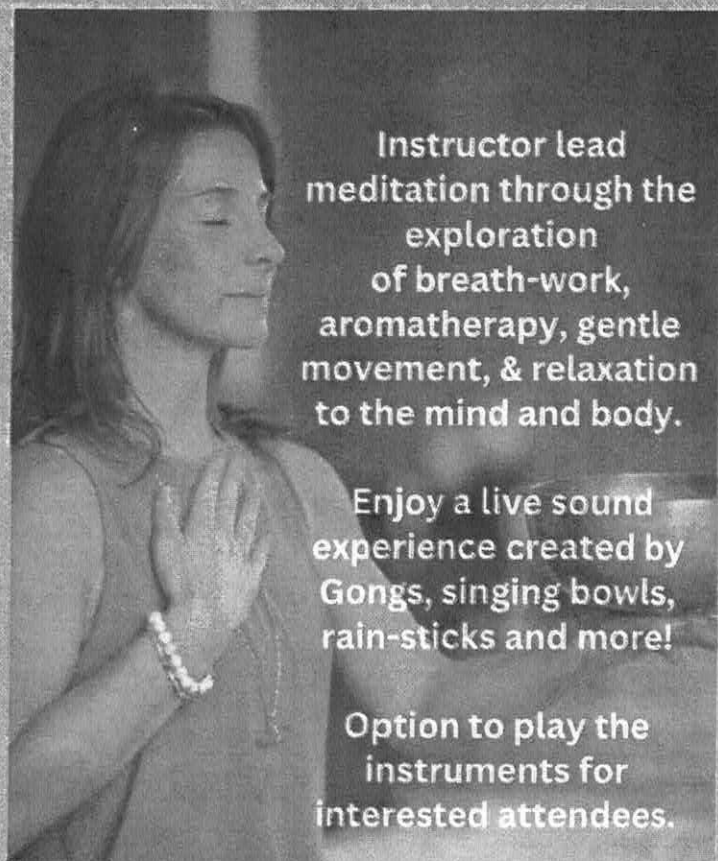
TUESDAY, SEPTEMBER 17 AT 11AM
WELCOME FALL!

REGISTRATION BEGINS MONDAY, 9/2/24

TUESDAY, OCTOBER 29 AT 11AM
UPLIFT YOUR "SPIRITS"!

REGISTRATION BEGINS TUESDAY, 10/1/24

BRING YOUR OWN YOGA MAT
OR USE A CHAIR



Instructor lead meditation through the exploration of breath-work, aromatherapy, gentle movement, & relaxation to the mind and body.

Enjoy a live sound experience created by Gongs, singing bowls, rain-sticks and more!

Option to play the instruments for interested attendees.

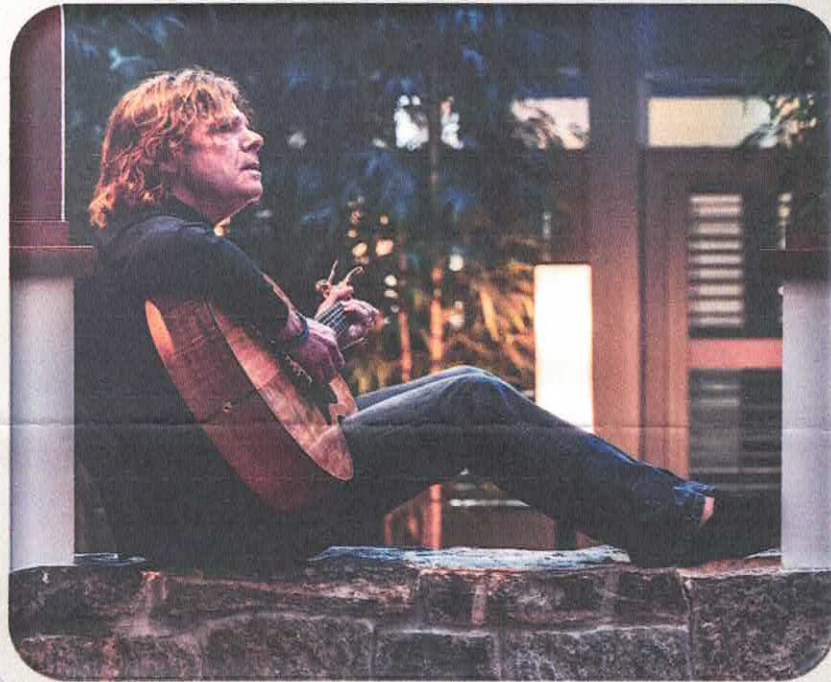
REGISTRATION:

CONTACT THE HILLSBOROUGH TOWNSHIP SOCIAL SERVICES DEPARTMENT AT 908-369-3880 OR STOP BY OUR OFFICE IN THE MUNICIPAL COMPLEX



**HILLSBOROUGH TOWNSHIP
MUNICIPAL COMPLEX
THE PETER J. BIONDI BUILDING
379 SOUTH BRANCH ROAD
HILLSBOROUGH, NJ 08844
908-369-4313**





Gordon Thomas Ward

Grammy-Balloted Singer-Songwriter

Modern Folk Rock, Americana, Country, and Adult Alternative Music

Sunday, September 8, 2024
2:00 – 4:00 p.m.

Neshanic United Methodist Church
301 Maple Avenue, Neshanic Station, NJ
908 369-3838
neshanicumc@gmail.com

Suggested donation \$10.00
Refreshments available during intermission.

gordonthomasward.com