**Move Today Sites (2025)**

***For program locations, schedules and to register, please call the phone number listed for each site.***

*Move Today is a twelve-session exercise program designed for older adults. Using therabands, the program will help to improve balance, posture, muscle strength, and increase flexibility.*

**Atlantic County**

Immigrants & Minorities Unify Services Association Atlantic City 609-317-4060

**Burlington County**

Masonic Home of New Jersey Browns Mills 609-239-3866

**Camden County**

Rowan SOM-Dept. of Geriatrics-NJISA Stratford 856-566-7083

Camden County Dept. of Health & Human Services Blackwood 856-374-6363

 856-374-5127

**Essex County**

Family Connections East Orange 973-323-3453

**Gloucester County**

Burlington County College Glassboro 856-863-0829

**Hunterdon County**

Division of Senior Services - Senior Health & Fitness Program Flemington 908-284-6128

**Mercer County**

Division of Aging Services Mercerville 609-588-2819

Henry J. Austin Health Center Trenton 609-278-5900

**Middlesex County**

Multi-Service Program on Aging Colonia 732-726-6262 x6223

**Morris County**

NORWESCAP Rockaway 973-784-4900 x2908

Jewish Community Center Whippany 973-267-2430

East Hanover Health Department East Hanover 973-428-3035

**Ocean County**

Beachwood Senior Women's Club Beachwood 732-244-2681

Lacey Municipal Alliance Lacey Twp. 609-693-8223

Leisure Village West Manchester Twp. 732-597-6075

Plumsted Township Senior Outreach Services Plumsted Twp. 609-758-2241 x111

Monmouth Medical Southern Campus, The Center for Healthy Living Lakewood 732-597-6075

Toms River Senior Center Toms River 732-341-1000 x8461

Long Beach Island Senior Center Long Beach Island 609-494-8861 x111

**Passaic County**

NORWESCAP Rockaway 973-784-4900 x2908

Paterson Division of Health Paterson 973-321-1277 x2715

**Salem County**

Salem County ADRC Salem 856-339-8622

**Union County**

Newark Beth Israel Medical Center Elizabeth 973-926-7388

Westfield Regional Health Department Westfield 908-789-4070 x4080

**Warren County**

NORWESCAP Rockaway 973-784-4900 x2908