

MOVE TODAY SITES (2021)

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
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Bergen County

Bergen Family Center	Englewood	201-568-0817 x129
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Burlington County

Masonic Home of New Jersey	Browns Mills	609-239-3866
Burlington County Health Department	Mt. Holly	609-265-5522

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
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Gloucester County

Burlington County College	Glassboro	856-863-0829
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Hunterdon County

Division of Senior Services - Senior Health & Fitness Program

Flemington

908-284-6128

Mercer CountyDivision of Aging Services
Henry J. Austin Health CenterMercerville
Trenton609-588-2819
609-278-5952**Middlesex County**Multi-Service Program on Aging
Woodbridge Health DepartmentColonia
Woodbridge732-726-6262 x6223
732-855-0600 x5024**Morris County**NORWESCAP
Jewish Community Center
East Hanover Health Department
Madison Health DepartmentRockaway
Whippany
East Hanover
Madison973-784-4900 x203
973-267-2430
973-428-3035
973-593-3079 x8**Ocean County**Beachwood Senior Women's Club
Lacey Municipal Alliance
Leisure Village West
Plumsted Township Senior Outreach Services
Monmouth Medical Southern Campus, The Center for Healthy Living
Toms River Senior Center
Long Beach Island Senior CenterBeachwood
Lacey Twp.
Manchester Twp.
Plumsted Twp.
Lakewood
Toms River
Long Beach Island732-244-2681
609-693-8223
732-597-6075
609-758-2241 x111
732-597-6075
732-341-1000 x8461
609-494-8861 x111**Passaic County**NORWESCAP
Paterson Division of HealthRockaway
Paterson973-784-4900 x203
973-321-1277 x2715

Salem County

Salem County ADRC

Salem

856-339-8622

Sussex County

Sussex County Division of Senior Services

Newton

973-579-0555 x1285

Union County

Newark Beth Israel Medical Center

Elizabeth

973-926-7388

Warren County

NORWESCAP

Rockaway

973-784-4900 x203