

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
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Burlington County

Masonic Home of New Jersey	Browns Mills	609-239-3866
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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
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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
Jewish Community Center
East Hanover Health Department

Rockaway
Whippany
East Hanover

973-784-4900 x2908
973-267-2430
973-428-3035

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 Center

Beachwood
Lacey Twp.
Manchester Twp.
Plumsted Twp.
Lakewood
Toms River
Long Beach Island

732-244-2681
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 Health

Rockaway
Paterson

973-784-4900 x2908
973-321-1277 x2715

Salem County

Salem County ADRC

Salem

856-339-8622

Union County

Newark Beth Israel Medical Center

Elizabeth

973-926-7388

Warren County

NORWESCAP

Rockaway

973-784-4900 x2908