

George Hausmann Senior Center

**30 Noble Place
Aberdeen, NJ 07747**

Personal Information Sheet For Participants

Name: _____ Home # _____ Cell# _____

Address: _____

_____ Email Address: _____

Medication/Allergies: _____

Emergency Contact Name: _____ Phone Number: _____

Please check our website for class cancellations and updates: www.Aberdeennj.org

Listed below are the classes being offered at the Center. Please indicate those in which you participate.

MONDAYS:

_____ Country Line Dancing @ 9am(VFW in Cliffwood)

_____ Aerobics @ 10am

TUESDAYS:

_____ Qigong(low impact Tai Chi)@ 9am

_____ Tai Chi @10am

_____ Gentle Fitness@11:15am

_____ Zumba Gold@12:45pm

WEDNESDAYS:

_____ Strength Training@9am

_____ Gentle Yoga@10am

_____ Aerobics@11:30am

_____ Board Games@12:30pm

THURSDAY:

_____ Crafting Class@9:45am

_____ Get Up & Move@11:15

FRIDAY:

_____ Chair Yoga@10:30am

_____ Zumba Gold@11:45

WE NEED THIS INFORMATION SO THAT WE MAY CONTACT YOU IF AND WHEN THE CENTER IS CLOSED.

THIS IS ALSO YOUR SIGN IN SHEET