

February 2025



Funded in part by a grant from the Ocean County Board of Commissioners

January '25							March '25						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
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5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	29
							30	31					

Township of Ocean Senior Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 To register for MEALS call Jeanne 609-548-6319	27	28	29	30	31	1
2 	3 830a Zumba 915a Toning 11a Functional Fitness 1130a Line Dancing 12 Congregate Meal 12p GC BINGO w Beacon of Life 1pm Mexican Train 5pm YOGA	4 830a FOREVER YOUNG 930a Jazzercise 11am Functional Fitness 12p GC BINGO & MEAL Seaview Ortho 1pm Mah Jong	5 830a Zumba 915a Toning 1030a Art with MaryLu 12p GC BINGO w Mystic Meadows 12 Congregate Meal 1pm Canasta	6 830a Dance Party 915a Forever Young Chair Exer 930a Jazzercise	7 1130a Line Dancing Class will be held in the SMALL Room	8
9	10 830a Zumba 915a Toning 11a Functional Fitness 1130a Line Dancing 12 Congregate Meal Nutritionist Jenn Collins FulFill Food Pantry NOON 1pm Mexican Train 5pm YOGA	11 830a FOREVER YOUNG 930a Jazzercise 11am Functional Fitness 12p GC BINGO w Tallwoods 1pm Mah Jong	12 830a Zumba 915a Toning 1030a Art with MaryLu 12p GC BINGO w HVI 12 Congregate Meal 1pm Canasta	13 830a Dance Party 915a Forever Young Chair Exer 930a Jazzercise	14  1130a Line Dancing	15
16	17  Town Hall Closed	18 830a FOREVER YOUNG 930a Jazzercise 11am Functional Fitness 12p GC BINGO w Barnegat Rehab 1pm Mah Jong	19 830a Zumba 915a Toning 1030a Art with MaryLu 12p GC BINGO w Seacrest 12 Congregate Meal 1pm Canasta	20 830a Dance Party 915a Forever Young Chair Exer 930a Jazzercise	21 1130a Line Dancing	22
23	24 830a Zumba 915a Toning 1030a Senior Advisory Meeting 11a Functional Fitness 1130a NO LINE DANCING 12 Congregate Meal BINGO w Right at Home 1pm Mexican Train 5pm YOGA	25 830a FOREVER YOUNG 930a Jazzercise 11am Functional Fitness 12p GC BINGO w JAG Physical Therapy 1pm Mah Jong	26 830a Zumba 915a Toning 1030a Art with MaryLu 12p GC BINGO w Shore Home Care 12 Congregate Meal 1pm Canasta	27 830a Dance Party 915a Forever Young Chair Exer 930a Jazzercise	28 1130a Line Dancing	1 TWP of OCEAN MUNICIPAL ALLIANCE Funded in part by a grant from  Leading the Way for Healthy and Safe Communities.
2	3	Congregate Meals are served Mondays and Wednesdays at 12pm \$2 Suggested Donation per meal Available to anyone 60 yrs of age or older. Must RSVP by Thurs for Monday and Monday for Wednesday TUESDAY BINGO & MEALS \$2 suggested donation - MUST CALL IN BY FRIDAY so that we have enough food Fulfill Food Pantry will be held on 2-10 at Noon Bring your own bags Senior Advisory Speaker 2-24 RWJB Health Diabetic Wound Care Programs listed are held at the Engel Sprague Senior Center 239 11th St GPS address is BARNEGAT For more information on the programs call Jeanne 609-548-6319 or email recreation@twnoceanni.gov				