










**TOWNSHIP of OCEAN SENIOR EXERCISE CALENDAR**

All exercise classes are held in the Waretown Community Center 239 11th St  
all bus trips depart from this location unless otherwise noted

For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov

**NY JETS OCTOBER GAME TBA—EITHER THE VIKINGS OR THE BROCOS**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>UPCOMING TRIPS</b> JUNE 25—YANKEES SOLD OUT	<b>AUG 16 METS V PHILLIES</b> <b>OCT 1 CAPE MAY</b> <b>OCT 4 PHILLY HISTORICAL TOUR</b>	<b>NOV 27 TROPICANA HOLIDAY SHOW</b> <b>DEC 5 RESORTS CASINO</b>	<b>DEC 28 PHILADELPHIA LIGHTS TOUR</b>		1 930 Line Dancing 10:15 "Your Choice"	2
3	4 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting	5	6 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	7 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	8 930 Line Dancing 10:15 "Your Choice" 	9
10	11 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting 	12 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jon	13 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	14 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	15 930 Line Dancing 10:15 "Your Choice" Mall trip 9a to FREEHOLD TOWNSHIP CLEANUP DAY 8A-5P	16 TOWNSHIP CLEANUP DAY 8A-3P AT THE LAKE
17 <b>HAPPY FATHER'S DAY</b>	18 9am ZUMBA GOLD SENIOR ADVISORY LUNCHEON MERIDIAN HEALTH 	19 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jon	20 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	21 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	22 930 Line Dancing 10:15 "Your Choice" LENOX OUTLET/ SMITHVILLE trip 9am	23
24	25 9am ZUMBA GOL 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting 	26 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jon	27 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	28 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	29 930 Line Dancing 10:15 "Your Choice" 	30 Twp of Ocean Independence Day Celebration 10a at the Lake   BARNEGAT FIREWORKS & CONCERT 7PM