











# September

Twp. of Ocean Municipal Alliance Senior Recreation Activities  
 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@twpoceanj.gov

**\*\*Silver Liners Meet Every Wednesday at 10am in the Barnegat Recreation Center—this club is open to all\*\***

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Line Dancing w/ Gerry 9am Zumba your choice 10 	2 Barnegat Dock Concert That 70's Band
3	4 OFFICES CLOSED 	5 Chair Exercise 9a Cards 9:30a ZUMBA Toning 9:50-10:30 Zumba 1230p Maj Jong 1p 	6 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	7 Theresa Brown teaches Zumba Dance Party9a Zumba Toning 945am Sit & Be Fit 10a	8 Line Dancing w/ Gerry 9am Zumba your choice 10	9
10	11 Zumba Gold 9a Sit & Be Fit 10a 	12 Chair Exercise 9a Cards 9:30a ZUMBA Toning 9:50-10:30 Zumba 1230p Maj Jong 1p	13 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	14 Theresa Brown teaches Zumba Dance Party9a Zumba Toning 945am Sit & Be Fit 10a	15 Line Dancing w/ Gerry 9am Zumba your choice 10	16 PIRATES DAY Strictly 60's 7pm 
17 	18 Zumba Gold 9a Sit & Be Fit 10a SENIOR ADVISORY MEETING 10AM COFFEE	19 Chair Exercise 9a Cards 9:30a ZUMBA Toning 9:50-10:30 Zumba 1230p Maj Jong 1p	20 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p 	21 Theresa Brown teaches Zumba Dance Party9a Zumba Toning 945am Sit & Be Fit 10a	22 Line Dancing w/ Gerry 9am Zumba your choice 10	23
24	25 Zumba Gold 9a Sit & Be Fit 10a	26 Chair Exercise 9a Cards 9:30a ZUMBA Toning 9:50-10:30 Zumba 1230p Maj Jong 1p	27 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	28 Theresa Brown teaches Zumba Dance Party9a Zumba Toning 945am Sit & Be Fit 10a	29 Line Dancing w/ Gerry 9am Zumba your choice 10 	30