















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

NEW PROGRAM: ADULT PICKLEBALL indoors at Brackman Middle School
Thursday April 20 to May 25 6-9pm Cost \$5 pay as you go.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	To register for these trips you must send a \$30pp deposit and fill out the registration form	June 14th  at Bucks County Playhouse \$85pp	US NAVAL ACADEMY Sept. 30th \$88pp includes Admission & River Cruise Lunch on own			1
2	3 9am ZUMBA GOLD 10am Sit and Be Fit 6pm ZUMBA 6:30 Crocheting 	4 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong 	5 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards 	6 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	7 930 Line Dancing 10:15 "Your Choice" 	8
9 EASTER EGG HUNT 6 & under arrive 1245p 7-12yr arrive 2p Bring egg basket/bag	10 9am ZUMBA GOLD 10am Sit and Be Fit 6pm ZUMBA 6:30 Crocheting	11 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong 	12 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards 	13 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	14 930 Line Dancing 10:15 "Theresa's Your Choice"	15
16 	17 9am ZUMBA GOLD 6pm ZUMBA 6:30 Crocheting SENIOR ADVISORY MEEITNG 1030am	18 9am GERRY's Back Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	19 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards	20 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	21 930 Line Dancing 10:15 "Your Choice" Freehold Mall Call Michele 693-3307 x 221 to register 	22 WARETOWN WINE FESTIVAL 12-5P AT THE WARETOWN LAKE RTE 532 
23 WARETOWN WINE FESTIVAL 12-5P AT THE WARETOWN LAKE RTE 532 	24 9am ZUMBA GOLD 10am Sit and Be Fit 6pm ZUMBA 6:30 Crocheting	25 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong	26 9am Quilting NO ZUMBA GOLD 12 Move Today 1pm WII bowling & cards	27 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	28 Bricktown to Burlington Coat Factory (AC Moore Plaza) & Christmas Tree Shoppe \$9pp	29 BARNEGAT TOWN WIDE YARD SALE