













Twp. of Ocean Municipal Alliance / Senior Recreation Activities
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

Annual Municipal Alliance Food & Toy Drive begins—Donations can be dropped off at town hall or in barrel in Senior Room



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>2019 TRIPS</i> JAN 25 <i>The Museum of the American Revolution</i></p>	<p>2019 TRIPS MAR 8—PHL. FLOWER SHOW</p>	<p>MUNICIPAL ALLIANCE FOOD AND TOY DRIVES BEGIN</p>		<p>1 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>2 FLU CLINIC at the Community Center 10a-noon NO EXERCISE CLASSES TODAY</p>	<p>3</p>
<p>4</p>	<p>5 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit <i>NO POUND CLASS</i></p>	<p>6 ELECTION DAY NO classes</p>	<p>7 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards</p> 	<p>8 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>9 930 Line Dancing 10:15 Balance n Flexibility FREEHOLS MALL TRIP</p> 	<p>10</p>
<p>11 NY Jets tickets available \$25 each Tickets only Sect 350</p> 	<p>12  Veterans Day TWP. offices closed NO CLASSES</p>	<p>13 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong</p> 	<p>14 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards</p> 	<p>15 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>16 930 Line Dancing 10:15 Balance n Flexibility OCEAN COUNTY MALL TRIP</p>	<p>17</p>
<p>18 BARNEGAT FARMERS MARKET 10-3PM</p> 	<p>19 SENIOR ADVISORY Speaker 10am Theresa Brown classes held as usualy</p>	<p>20 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong</p> 	<p>21 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards</p>	<p>22 HAPPY THANKSGIVING</p> 	<p>23 TWP. offices closed NO CLASSES</p>	<p>24</p>
<p>25</p>	<p>26 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND 950 Toning 10am Sit and Be Fit</p>	<p>27 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong TROPICANA TRIP SOLD OUT</p>	<p>28 9am Quilting NO ZUMBA TEA PARTY \$20PP</p>	<p>29 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>30 930 Line Dancing 10:15 Balance class Twp tree lighting and SUNDAES with Santa/ Snowman/Grinch 6pm</p> 	<p>12/1 Barnegat Breakfast with Santa \$10A / \$9 Kids</p>