



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	To register for Twp trips you must send a \$40pp deposit and fill out the registration form		1 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	2 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	3 930 Line Dancing 10:15 Balance n Flexibility Hidden in Plain Sight Free grandparent program 6pm in center	4 BARNEGAT DRIVE IN MOVIE AT THE DOCK Hotel Transylvania 3 8pm
5	6 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND	7 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	8 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	9 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	10 930 Line Dancing 10:15 Balance n Flexibility	11
12 	13 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND 	14 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	15 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	16 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit TRIP TO COLUMBUS FLEA MARKET \$9pp	17 930 Line Dancing 10:15 Balance n Flexibility MALL TRIP \$9pp	18
19 <i>Tomorrow's Senior Advisory Speaker Dr. from Seaview Orthopedics 10a coffee 1030 speaker</i>	20 SENIOR MEETING 1030a 9am ZUMBA GOLD 950 Toning 9am Sit and Be Fit	21 9 am Chair Exercise 9:50 Dance n Toning pm Maj Jong 	22 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	23 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	24 930 Line Dancing 10:15 Balance n Flexibility	25 Founders Day 9-3pm at the Priff school Fireworks at 9pm Barnegat Concert 7p Sounds of the Street
26	27 MEMORIAL DAY OFFICES CLOSED 	28 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	29 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	30 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	31 930 Line Dancing 10:15 Balance n Flexibility	