
















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
<p>1</p>  <p>Don't be a party to teenage drinking. It's against the law.</p>	<p>2 OFFICE CLOSED</p>  <p>Labor Day</p>	<p>3 9 Chair Exercise 950 Dance & Tone 1pm Maj Jong</p> 	<p>4 830 Zumba Gold 9am Crocheting & Crafts 12 Sit n Be Fit & cards</p> 	<p>5 830 Zumba Dance Party 915 Toning 945 Chair Exercise</p>	<p>6</p>	<p>7 Barnegat Pirates Day 9am-4pm</p> 
<p>8</p>	<p>9 830 Zumba Gold 915 Toning 945 Line Dancing</p> 	<p>10 9 Chair Exercise 950 Dance & Tone 1pm Maj Jong</p> 	<p>11 830 Zumba Gold 9am Crocheting & Crafts 12 Sit n Be Fit & cards</p> 	<p>12 830 Zumba Dance Party 915 Toning 945 Chair Exercise</p>	<p>13</p>	<p>14 BOSTON RED SOX v PHILADELPHIA PHILLIES \$69pp</p>
<p>15</p> 	<p>16 830 Zumba Gold 915 Toning 945 Line Dancing</p>	<p>17 9 Chair Exercise 950 Dance & Tone 1pm Maj Jong</p> 	<p>18 830 Zumba Gold 9am Crocheting & Crafts 12 Sit n Be Fit & cards</p> 	<p>19 830 Zumba Dance Party 915 Toning 945 Chair Exercise</p> 	<p>20 Mall Trip \$9pp Ocean County Mall</p>	<p>21</p>
<p>22</p>	<p>23 830 Zumba Gold 915 Toning 945 Line Dancing Senior Advisory meeting 1030am</p>	<p>24 9 Chair Exercise 950 Dance & Tone 1pm Maj Jong</p> 	<p>25 830 Zumba Gold 9am Crocheting & Crafts 12 Sit n Be Fit & cards</p> 	<p>26 830 Zumba Dance Party 915 Toning 945 Chair Exercise</p>	<p>27 Mall Trip \$9pp Monmouth Mall and World Market</p>	<p>28</p>
<p>29</p>	<p>30 830 Zumba Gold 915 Toning 945 Line Dancing</p>	<p>TRIPS: Nov 20 Caesars \$84pp Dec 9 Tropicana \$63</p>	<p>Dec. 18 Longwood Gardens \$76pp Jan 3 Winterthur \$76pp</p>	<p>Feb 6 NJ DEVILS vs PHILADELPHIA FLYERS \$74pp</p>	<p>Call Jeanne for trip details</p>	 <p>it doesn't get more local Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities</p>