





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

SAVE THE DATE: NOV. 2nd 10AM FLU CLINIC AT THE 11th ST.COMMUNITY CENTER
Nov. 2nd Hard Rock Casino Trip \$29pp (\$25 back in slot play)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND 950 Toning 10am Sit and Be Fit	2 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	3 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	4 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit PHL trip SOLD OUT	5 930 Line Dancing 10:15 Balance n Flexibility	6
7 TRIP TO NY JETS \$100PP BUS LEAVES 9AM 	8 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND CLASS	9 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	10 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards 	11 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	12 930 Line Dancing 10:15 Balance n Flexibility Hayride 7-10pm at the Waretown Lake	13 Hayride 7-10pm at the Waretown Lake 
14	15 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting	16 9 am Chair Exercise 9:50 Dance n Tone 1pm Maj Jong 10-230 Dementia Workshop & luncheon at the Barnegat Rec Center sponsored by Home Instead RSVP required	17 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	18 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	19 930 Line Dancing 10:15 Balance n Flexibility Mall trip 9a to Freehold Mall	20
21	22 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND CLASS	23 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	24 9am Quilting 12 Sit n Be Fit 1pm WII bowling & cards	25  9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	26 930 Line Dancing 10:15 Balance n Flexibility Mall trip 9a to Tinton Falls Outlets	27
28 Fire Co Halloween Parade 1pm from Library Hayride Skit winners announced	29 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting	30 9 am Chair Exercise 9:50 Toning 1pm Maj Jong 	31 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards 		UPCOMING TRIPS Nov 2 Hard Rock Casino \$29 Dec 5 Resorts Casino \$26 Dec 18 Old City Tavern & Philly Light Tour \$98	Jan 25 The Museum of the American Revolution \$58 Mar 9 Philadelphia Flower Show