












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	JUNE 14 GROUNDS FOR SCULPTURE \$64PP SEPT 14 BOSTON RED SOX V PHILLIES \$69PP	SEPT 25 CAESARS CAROL KING TRIBUTE SHOW \$84PP (\$25 SLOT PLAY)	NOV. 20 CAESARS RAT PACK CHRISTMAS \$84PP (\$25 SLOT PLAY)		1
2	3 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit	4 	5 9am Crocheting & Crafts  9am Zumba Gold 12 Sit n Be Fit & cards	6 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	7 930 Line Dancing 10:15 Balance n Flexibility 	8
9	10 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND	11 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	12 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	13 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	14 930 Line Dancing 10:15 Balance n Flexibility TOWNSHIP CLEANUP DAY 8A-5P AT THE LAKE	15 TOWNSHIP CLEANUP DAY 8A-3P AT THE LAKE
16 	17 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND 	18 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong 	19 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards	20 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	21 930 Line Dancing 10:15 Balance n Flexibility FREEHOLD MALL TRIP \$9pp	22
23	24 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND	25 9 am Chair Exercise 9:50 Dance n Toning 1pm Maj Jong	26 9am Crocheting & Crafts 9am Zumba Gold 12 Sit n Be Fit & cards 7p Mahjong	27 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	28 930 Line Dancing 10:15 Balance n Flexibility HAMILTON MALL /CONSUMER SQUARE TRIP \$9pp	29 INDEPENDENCE DAY CELEBRATION 930A. AT THE LAKE 
30	DEC 9 TROPICANA HOLIDAY SHOW \$63PP W/ CARMINES	DEC 18 LONGWOOD GARDENS \$76PP	JAN 3 2020 WINTERHUR & COSTUMING THE CROWN \$76PP			