












May 2018 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

NEW PROGRAM: ADULT PICKLEBALL indoors at Brackman Middle School

Thursday April 12 to May 31 6:30 -9pm Cost \$5 pay as you go.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong ZUMBA! </p>	<p>2 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling &amp; cards </p>	<p>3 9am Zumba Dance Party 9:50 Toning 10am Sit &amp; Be Fit</p>	<p>4 930 Line Dancing 10:15 "Your Choice"</p>	5
6	<p>7 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting</p>	<p>8 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong </p>	<p>9 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling &amp; cards</p>	<p>10 9am Zumba Dance Party 9:50 Toning 10am Sit &amp; Be Fit </p>	<p>11 930 Line Dancing 10:15 "Your Choice"</p>	12
13	<p>14 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS </p>	<p>15 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong</p>	<p>16 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling &amp; cards</p>	<p>17 9am Zumba Dance Party 9:50 Toning 10am Sit &amp; Be Fit <b>COLUMBUS FLEA MARKET TRIP \$9PP</b> </p>	<p>18 930 Line Dancing 10:15 "Your Choice" OCEAN COUNTY Mall Call Michele 693-3302 x 221 to register</p>	19
20	<p>21 9am ZUMBA GOLD 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting <b>SENIOR ADVISORY MEETING 1030am</b></p>	<p>22 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong </p>	<p>23 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling &amp; cards</p>	<p>24 9am Zumba Dance Party 9:50 Toning 10am Sit &amp; Be Fit  ZUMBA! </p>	<p>25 930 Line Dancing 10:15 "Your Choice"</p>	<p>26 FOUNDERS DAY 9-3 PRIFF SCHOOL FIREWORKS AT 9PM END OF BRYANT RD. BARNEGAT DOCK CONCERT 7PM</p>
27	<p>28 MEMORIAL DAY OFFICES CLOSED </p>	<p>29 9 am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong</p>	<p>30 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling &amp; cards</p>	<p>31 9am Zumba Dance Party 9:50 Toning 10am Sit &amp; Be Fit</p>	<p>To register for these trips you must send a \$40pp deposit and fill out the registration form</p>	<p>June 6—Longwood Gardens \$71 Aug 16 Mets v Phillies \$54</p>