



















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>April 10th Mets v Phillies \$42pp DOLLAR DOG NIGHT</p>	<p>June 14th  at Bucks County Playhouse \$85pp</p>	<p>To register for these trips you must send a \$30pp deposit and fill out the registration form</p>	<p>1 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards</p> 	<p>2 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>3 930 Line Dancing 10:15 "Your Choice"</p>	<p>4</p>
<p>5</p>	<p>6 9am ZUMBAGOLD 10am Sit and Be Fit 6pm ZUMBA 6:30 Crocheting</p> 	<p>7 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong</p> 	<p>8 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards</p> 	<p>9 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p> 	<p>10 930 Line Dancing 10:15 "Your Choice"</p> 	<p>11</p>
<p>12</p>	<p>13 9am ZUMBAGOLD 10am Sit and Be Fit 6pm ZUMBA 6:30 Crocheting</p> 	<p>14 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong</p> 	<p>15 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards</p> 	<p>16 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>17 Philadelphia Flower Show \$62pp O.C.Mall Trip \$9 930 Line Dancing 10:15 "Your Choice"</p> 	<p>18</p>
<p>Tomorrows Speaker Tara Bonelli of Home Instead Senior Care Alzheimer's and Dementia Care Relief</p>	<p>20 SENIOR ADV. Meeting 10:30 9am ZUMBAGOLD 9am Sit and Be Fit 6pm ZUMBA</p> 	<p>21 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong</p> 	<p>22 9am Quilting 9am Zumba Gold 12 Move Today 1pm WII bowling & cards</p> 	<p>23 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit</p>	<p>24 Freehold Mall sold out 930 Line Dancing 10:15 "Your Choice"</p>	<p>25</p>
<p>26</p>	<p>27 9am ZUMBAGOLD 10am Sit and Be Fit 6pm ZUMBA 6:30 Crocheting</p> 	<p>28 9am Chair Exercise 9:50 Toning 1230p Dance n Tone 1pm Maj Jong</p> 	<p>29 NO ZUMBA 9am Quilting 12 Move Today 1pm WII bowling & cards</p>	<p>30 9am Zumba Dance Party 9:50 Toning</p>	<p>31 930 Line Dancing 10:15 "Your Choice"</p>	<p>To book the 3rd Friday of the month MALL trips call Michelle 693-3302 x 221</p>