




September

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****

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 OFFICES CLOSED  Labor Day	4 9 am Chair Exercise 9:50 Toning n Dance 1pm Maj Jong	5 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	6 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	7 930 Line Dancing 10:15 Balance n flexibility	8 PIRATES DAY Strictly 60's 7pm 
9 	10 9am ZUMBA GOLD 950 Toning 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting	11 9 am Chair Exercise 9:50 Toning n Dance 1pm Maj Jong	12 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling & cards	13 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit 	14 930 Line Dancing 10:15 Balance n flexibility	15
16	17 MERIDIAN SENIOR HEALTH /WELLNESS FAIR 930-1230 at the Community center	18 9 am Chair Exercise 9:50 Toning n Dance 1pm Maj Jong	19 9am Quilting 9am Zumba Gold 12 Sit n Be Fit 1pm WII bowling &	20 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	21 930 Line Dancing 10:15 Balance n flexibility Mall trip 9a to	22
23	24 9am ZUMBA GOLD 950 toning 10am Sit and Be Fit 6pm POUND CLASS 6PM Crocheting	25 9 am Chair Exercise 9:50 Toning n Dance 1pm Maj Jong 	26 9am Quilting 12 Sit n Be Fit 1pm WII bowling & cards 	27 9am Zumba Dance Party 9:50 Toning 10am Sit & Be Fit	28 930 Line Dancing 10:15 Balance n flexibility Mall trip 9a to World Market/ Monmouth Mall	29
30	UPCOMING TRIPS: Oct 7 NY Jets \$100pp Nov 2 Hard Rock Casino \$29pp	Dec 5 Resorts Casino \$26pp	Dec 18 Philadelphia Lights Tour \$98pp with lunch at Olde City Tavern	2019 Trips Jan 25 The Museum of the American Revolution	March 8 Philadelphia Flower Show	20th Waretown Haunted Hayride Oct 12/13 \$10Adults \$8 kids 4-12yrs