

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
			1 830 Zumba	2 8:30am Dance Party	3		November 2023 Waretown Older Adult Calendar of Activities
			915 Toning	9:30am Jazzercise			Waretown Community Café - Congregate Meal Schedule
			11am Sit n Be Fit	9:30am Amped Up Aerobics			Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
			12pm Congregate Meal				Contact person: Jeanne Broadbent 609-548-6319
			\$2donation requested				email recreation@twpoceannj.gov
			1230 G.C. BINGO w/ HelpAlert				Website: www.twpoceannj.gov
			1pm Cards			RSVP by 10am for MONDAYS Congregate meal	 Funded in part by a grant from the Ocean County Board of Commissioners
6	Election day set up NO Zumba or Toning	7 ELECTION DAY	8 830 Zumba	9 8:30am Dance Party	10		Congregate Meals served every Monday & Wednesday
		NO Aerobic, Jazzercise or Yoga	915 Toning	9:30am Jazzercise			Please arrive by 11:45pm
	11am Sit n Be Fit	11am Sit n Be Fit	11am Sit n Be Fit	9:30am Amped Up Aerobics			You must RSVP your intent to attend by 10am the day before
	12 pm Congregate Meal	12pm GC BINGO SEAVIEW ORTHO	12pm Congregate Meal				FRIDAY for Monday / TUESDAY for Wednesday
	\$2donation requested	12 Lunch provided by Fulfill	\$2donation requested				12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's - no same day drop ins accepted
	12 Nutritionist Jennifer Collins	12pm Mahjong	1230 G.C. BINGO HEALTH VILLAGE IMAGING/Briell Ortho				\$2 Donation suggested.
	1pm DOMINOES / MEXICAN TRAIN	10am Must let Jeanne know if you want a meal tomorrow	1pm Cards				RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
	10am Must let Jeanne know if you want a meal tomorrow					Congregate meal	
13	830 Zumba	14 8:30am Amped Up Aerobics	15 830 Zumba	16 8:30am Dance Party	17		Fulfill of Monmouth Ocean Boxed Lunched served at 12pm
	915 Toning		915 Toning				
	1130 LINE DANCING STARTS						
	Senior Advisory Meeting 10:30am	930am Jazzercise		9:30am Jazzercise		CASINO TRIP \$32pp	You must RSVP your intent to attend by 10am on Monday
		11am Sit n Be Fit	11am Sit n Be Fit	9:30am Amped Up Aerobics		Call Jeanne to reserve	NO same day meal drop ins accepted
		12pm GC BINGO & LUNCH w/ TALLWOODS	12pm Congregate Meal	10am OTPD ACTIVE SHOOTER PROGRAM		your space	
	12 pm Congregate Meal	12pm Lunch provided by Fulfill	\$2donation requested				RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
	\$2donation requested	12pm Mahjong	1230 SEACREST PRICE IS RIGHT			RSVP by 10am for MONDAYS	
	BEACON OF LIFE GC BINGO 1215PM	WEBINAR - Disaster Preparedness for the Whole Community 1pm-2:30pm	1pm Cards			Congregate meal	3rd Monday of each month Fulfill brings its' MOBILE FOOD PANTRY to the center 12-1pm
	1pm DOMINOES / MEXICAN TRAIN	10am Must let Jeanne know if you want a meal tomorrow					
	10am Must let Jeanne know if you want a meal tomorrow						
20	830 Zumba	21 8:30am Amped Up Aerobics	22 830 Zumba	23			NOVEMBER SPEAKER'S
	915 Toning	9:30am Jazzercise	915 Toning				11-13 SENIOR ADVISORY MEETING 10:30am
	11am Sit n Be Fit	11am Sit n Be Fit	11am Sit n Be Fit				11-16 OTPD ACTIVE SHOOTER PROGRAM
	1130 LINE DANCING						11-29 OCHD PRESNETATION "EATING HEALTHY ON A BUDGET"
	12 pm Congregate Meal	12pm Pizza & BINGO w/ Barnegat Rehab	12pm Congregate Meal	THANKSGIVING OFFICES CLOSED		OFFICES CLOSED	
	\$2donation requested	12 Lunch provided by Fulfill	\$2donation requested				
	FULFILL - MOBILE FOOD PANTRY 12-1PM	12pm Mahjong	1230 GC BINGO EXECUTIVE CARE				
	1pm DOMINOES / MEXICAN TRAIN		1pm Cards				
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow					
27	830 Zumba	28 8:30am Amped Up Aerobics	29 830 Zumba				
	915 Toning	930am Jazzercise	915 Toning				
	11am Sit n Be Fit	11am Sit n Be Fit	11am Sit n Be Fit				ATTENTION:
	1130 LINE DANCING						
	12 pm Congregate Meal	12 BINGO & Pizza	12pm Congregate Meal			TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE	1st Mon - Jennifer Collins, Nutritionist (MOW) 1230pm
	\$2donation requested	12 Lunch provided by Fulfill	\$2donation requested			 It doesn't get more local	2nd Mon - Beacon of Life - PACE
	1230 OCHD "STRESS HAPPENS"	12pm Mahjong				Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities	2nd - Wed Brielle Ortho / Health Village Imaging
	1pm DOMINOES / MEXICAN TRAIN					Funded in part by a grant from OCADA	3rd - Wed Seacrest Village
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow	1215 OCEAN COUNTY HEALTH DEPT EATING HEALTHY ON A BUDGET				4th - Wed Executive Care