

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
2	830am Zumba 915am TONING	3 8:30am Forever Young Chair Exercise	4 830 Zumba	5 8:30am Dance Party	6 1130 LINE DANCING		DECEMBER 2024 Waretown Older Adult Calendar of Activities
	11am Functional Fitness	930am Jazzercise	9:15amToning	9:15am Forever Young Chair Exercise			
	1130 LINE DANCING	11am Functional Fitness	10:30am Art with MaryLu	9:30am Jazzercise			Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
	12 pm Congregate Meal \$2donation	12pm Lunch & GC BINGO provided by	12pm Congregate Meal \$2donation				Contact person: Jeanne Broadbent 609-548-6319
	1215 NUTRITIONIST JEN COLLINS	SEAVIEW ORTHOPEDICS	1215pm GC BINGO with Bratton Law				email recreation@twpoceannj.gov
	1pm DOMINOES / MEXICAN TRAIN		1pm Canasta				Website: <a href="http://www.twpoceannj.gov">www.twpoceannj.gov</a>
	5pm All Levels Yoga	12pm MahJong					
9	830am Zumba 915am TONING	10 8:30am Forever Young Chair Exercise	11 830 Zumba	12 8:30am Dance Party	13 1130 LINE DANCING		<b>Congregate Meals served every Monday &amp; Wednesday</b>
		930am Jazzercise	9:15amToning	9:15am Forever Young Chair Exercise			Please arrive by 11:45pm
		11am Functional Fitness	10:30am Art with MaryLu	9:30am Jazzercise			You must RSVP your intent to attend by 10am the day before
	SENIOR ADVISORY LUNCH 1130 RSVP	12pm Lunch & GC BINGO with Tallwoods	12pm Congregate Meal \$2donation				THURSDAY for Monday / MONDAY for Wednesday
			1215 Braven Health				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 \$2 donation suggested
	5pm All Levels Yoga	1pm MahJong	1pm Canasta				RSVP by Email <a href="mailto:recreation@twpoceannj.gov">recreation@twpoceannj.gov</a> call Jeanne 609-548-6319
16	830am Zumba 915am TONING	17 8:30am Forever Young Chair Exercise	18 830 Zumba	19 8:30am Dance Party	20 1130 LINE DANCING		
	11am Functional Fitness	930am Jazzercise	9amToning	9:15am Forever Young Chair Exercise			
	1130 LINE DANCING	11am Functional Fitness	10:30am Art with MaryLu	9:30am Jazzercise			TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE
	1130 LINE DANCING	12pm GC BINGO & LUNCH w/BARNEGAT REHAB	12pm Congregate Meal \$2donation				it doesn't get more local
	12 pm Congregate Meal \$2donation		GC Bingo with Seacrest Village				
	12pm MOBILE FOOD PANTRY NOON	1pm MahJong	1pm Canasta				Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities
	1pm DOMINOES / MEXICAN TRAIN		1pm Canasta				
	OC Social Services Mobile Van 12-2pm		12 GC Bingo with Seacrest Village				
	GC Bingo with HVI						
	5pm All Levels Yoga						
23	830 ZUMBA / 915 TONING	24 NO Forever Young Chair Exercise	25	26 NO DANCE PARTY	27 NO LINE DANCING		NOVEMBER SPEAKER'S
	1130 LINE DANCING	NO Jazzercise		NO FOREVER YOUNG			2nd Nutritionist Jennifer Collins 12:15pm
	11am Functional Fitness		CHRISTMAS - OFFICES CLOSED	NO JAZZERCISE			3rd Seaview Orthopedics Lunch n Learn 12pm
	12 pm Congregate Meal \$2donation						9th SENIOR ADVISORY COMMITTEE 1130am -Waterview Music
	12 GC BINGO with Right at Home	NO PROGRAMS TOWNSHIP CLOSES AT 12P					ATTENTION: THESE PROGRAMS ARE SPONSORED IN PART BY GRANTS FROM
	1pm DOMINOES / MEXICAN TRAIN						 Funded in part by a grant from the Ocean County Board of Commissioners
	5pm All Levels Yoga						
30	NO LINE DANCING	31 NO Forever Young Chair Exercise	1	2 NO DANCE PARTY	3 NO LINE DANCING		
	11am Functional Fitness	NO Jazzercise		NO FOREVER YOUNG			
	12 pm Congregate Meal \$2donation	11am Functional Fitness	NEW YEAR'S DAY OFFICES CLOSED	930 JAZZERCISE			
	12 GC BINGO with Right at Home	12pm GC BINGO & LUNCH w/SEACREST VILLAGE					
	1pm DOMINOES / MEXICAN TRAIN	1pm MahJong					
	2-5pm INDOOR Cornhole						
	5pm All Levels Yoga						