




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
		8:30am Amped Up Aerobics	815 Zumba	8:30am Dance Party	1130 LINE DANCING		<u>NOVEMBER 2024 Waretown Older Adult Calendar of Activities</u>
		930am Jazzercise	9amToning	9:15am Bands Balls & Bells			
		11am Functional Fitness 12pm Lunch & GC BINGO with Seaview Ortho	10:30am Art with MaryLu 12pm Congregate Meal \$2donation 1215 OCHD Dementia program	9:30am Jazzercise			Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat) Contact person: Jeanne Broadbent 609-548-6319 email recreation@twpoceannj.gov Website: www.twpoceannj.gov
		1pm MahJong	1pm Canasta				 Funded in part by a grant from the Ocean County Board of Commissioners
4	NO ZUMBA TONING	5	ELECTION DAY NO Amped Up Aerobics OR Jazzercise	6	815 Zumba 9amToning	7	8:30am Dance Party 9:15am Bands Balls & Bells
	11am Functional Fitness 1130 LINE DANCING	11am Functional Fitness	10:30am Art with MaryLu 12pm Congregate Meal \$2donation	9:30am Jazzercise	8	1130 LINE DANCING	Congregate Meals served every Monday & Wednesday Please arrive by 11:45pm You must RSVP your intent to attend by 10am the day before THURSDAY for Monday / MONDAY for Wednesday
	12 pm Congregate Meal \$2donation / followed by GC Bingo with Beacon of Life	12pm Lunch & GC BINGO provided by Bratton Law	1215pm Nutrttionist Jennifer Collins				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
	1pm DOMINOES / MEXICAN TRAIN	12pm MahJong	1pm Canasta				RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
	2-5pm INDOOR Cornhole 5pm All Levels Yoga						
11		12	8:30am Amped Up Aerobics 930am Jazzercise 11am Functional Fitness 12pm Lunch & GC BINGO with Tallwoods	13	815 Zumba 9amToning 10:30am Art with MaryLu 12pm Congregate Meal \$2donation 12pm GC Bingo with Home Instead 1pm Canasta	14	8:30am Dance Party 9:15am Bands Balls & Bells 9:30am Jazzercise
	VETERAN'S DAY OFFICES CLOSED	1pm MahJong					TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE it doesn't get more local  Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities
18	830am Zumba 915am TONING SENIOR ADVISORY MEETING 1030am NJ Brain Alliance Fall Prevention	19	8:30am Amped Up Aerobics 930am Jazzercise 11am Functional Fitness 12pm GC BINGO & LUNCH w/BARNEGAT REHAB	20	815 Zumba 9amToning 10:30am Art with MaryLu 12pm Congregate Meal \$2donation 1215 Nutritionist Jenn Collins 1pm Canasta	21	8:30am Dance Party 9:15am Bands Balls & Bells 9:30am Jazzercise
	1130 LINE DANCING 12 pm Congregate Meal \$2donation 12pm MOBILE FOOD PANTRY NOON	1pm MahJong					NOVEMBER SPEAKER'S Weight Loss Support Group 930am 18th SENIOR ADVISORY COMMITTEE 1030am - NJ Brain Alliance Fall Prevention
	1pm DOMINOES / MEXICAN TRAIN OC Social Services Mobile Van 12-2pm 2-5pm INDOOR Cornhole 5pm All Levels Yoga		1pm Canasta 12 GC Bingo with Seacrest Village				ATTENTION: THESE PROGRAMS ARE SPONSORED IN PART BY GRANTS FROM  Funded in part by a grant from the Ocean County Board of Commissioners
25	830am Zumba 915am TONING NO LINE DANCING 11am Functional Fitness	26	8:30am Amped Up Aerobics 930am Jazzercise 11am Functional Fitness 12pm GC BINGO & LUNCH w/SEACREST VILLAGE	27	815 Zumba 9amToning 10:30am Art with MaryLu 12pm Congregate Meal \$2donation	28	THANKSGIVING TOWNSHIP CLOSED
	12 pm Congregate Meal \$2donation 12 GC BINGO with Right at Home 1pm DOMINOES / MEXICAN TRAIN 2-5pm INDOOR Cornhole 5pm All Levels Yoga	1pm MahJong	1pm Canasta				TOWNSHIP CLOSED NO CLASSES