Monday	Tuesday	Wednesday	Thursday	Friday	Sunday Announcements
		2 815 Zumba	3 8:30am Dance Party	4 1130 LINE DANCING	OCT 2024 Waretown Older Adult Calendar of Activities
	1	2 815 Zumba	3 8:30am Dance Party	4 1130 LINE DANCING	
	930am Jazzercise	9amToning	9:15am Bands Balls & Bells		
					Engel Sprague Senior Center - 239 11th St Waretown
	11am Functional Fitness	10:30am Art with MaryLu	9:30am Jazzercise		(GPS Barnegat)
	12pm Lunch & GC BINGO with Seaview Ortho	12pm Congregate Meal \$2donation			Contact person: Jeanne Broadbent 609-548-6319
		1215 OCHD Dementia program			email recreation@twpoceannj.gov
	1pm MahJong	1pm Canasta			Website: www.twpoceannj.gov
7 830am Zumba 915am TONING	8 8:30am Amped Up Aerobics	9 815 Zumba	10 8:30am Dance Party	11 HEALTH FAIR & FLU CLINIC	Congregate Meals served every Monday & Wednesday
11am Functional Fitness	930am Jazzercise 11am Functional Fitness	9amToning 10:30am Art with MaryLu	9:15am Bands Balls & Bells 9:30am Jazzercise	10A-1PM	Please arrive by 11:45pm  You must RSVP your intent to attend by 10am the day before
Talli i dictional i fuless	Transferioral Figures	10.50dili Art With Wary La	J.Journ Juzzereise	197 11 11	
	12pm Lunch & GC BINGO with Tallwoods	12pm Congregate Meal \$2donation			THURSDAY for Monday / MONDAY for Wednesday
12 pm Congregate Meal \$2donation / followed by GC Bingo with Beacon of Life	12 Lunch provided by Fulfill	1215 GC Bingo Mystic Meadows		FLU - PNEMONIA - COVID SHOTS AVAILABLE	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
Tollowed by GC Billgo with Beacon of Life	12 Lunch provided by Funni	1213 GC Billgo Mystic Meadows		AVAILABLE	Suggested
1pm DOMINOES / MEXICAN TRAIN	12pm MahJong	1pm Canasta		30 VENDORS - LIGHT SNACKS	
					RSVP by Email recreation@twpoceannj.gov
2-5pm INDOOR Cornhole 5pm All Levels Yoga					call Jeanne 609-548-6319
14	15 8:30am Amped Up Aerobics	16 815 Zumba	17 8:30am Dance Party	18 1130 LINE DANCING	
	930am Jazzercise	9amToning	9:15am Bands Balls & Bells		
	11am Functional Fitness 12pm GC BINGO & LUNCH	10:30am Art with MaryLu	9:30am Jazzercise		TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE
COLUMBUS DAY OFFICES CLOSED	w/BARNEGAT REHAB	12pm Congregate Meal \$2donation			it doesn't get more local
	12pm Lunch provided by Fulfill	12 GC Bingo with Seacrest Village			
	12pm MahJong	1pm Canasta			
					Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities
21 830am Zumba 915am TONING	22 8:30am Amped Up Aerobics	23 815 Zumba	24 8:30am Dance Party	25 1130 LINE DANCING	OCT SPEAKER'S
SENIOR ADVISORY MEETING 1030am	930am Jazzercise	9amToning	9:15am Bands Balls & Bells	25 1130 LINE DANCING	2nd - OCHD Dementia program 12:15pm
11am Functional Fitness	11am Functional Fitness	10:30am Art with MaryLu	9:30am Jazzercise		11th ANNUAL FLU CLINIC AND HEALTH FAIR
	12pm GC BINGO & LUNCH				
NO LINE DANCING	w/SEACREST VILLAGE	12pm Congregate Meal \$2donation			9th Weight Loss Support Group 930am
12 pm Congregate Meal \$2donation	12pm Lunch provided by Fulfill	1215 Nutritionist Jenn Collins			21st SENIOR ADVISORY COMMITTEE 1030am - RWJBH Sleep Apnea
12pm MOBILE FOOD PANTRY NOON	12pm MahJong	1pm Canasta			23rd - Nutrtionist Jenn Collins 12:15pm
					ATTENTION: THESE PROGRAMS ARE
1pm DOMINOES / MEXICAN TRAIN		1pm Canasta			SPONSORED IN PART BY GRANTS FROM
OC Social Services Mobile Van 12-2pm					Funded in part by a grant
2-5pm INDOOR Cornhole 5pm All Levels Yoga					Funded in part by a grant from the Ocean County Board of Commissioners
					board of Confinitissioners
28 830am Zumba 915am TONING	29 8:30am Amped Up Aerobics	30 815 Zumba	31 8:30am Dance Party		
	930am Jazzercise	9amToning	9:15am Bands Balls & Bells		
11am Functional Fitness	11am Functional Fitness 12pm GC BINGO & LUNCH	10:30am Art with MaryLu	9:30am Jazzercise		
12 pm Congregate Meal \$2donation	w/Beacon of Life	12pm Congregate Meal \$2donation			
12 GC BINGO with Right at Home	12pm Lunch provided by Fulfill	12 GC Bingo with Bratton Law			
1pm DOMINOES / MEXICAN TRAIN	12pm MahJong	12 GC Bingo with Bratton Law  1pm Canasta			
2-5pm INDOOR Cornhole					
5pm All Levels Yoga					
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