



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
			1 8:30 am Zumba	2 830am Dance Party	3 RSVP by 10am for MONDAYS		<b>FEBRUARY 2023 Waretown Older Adult Calendar of Activities</b>
			11am Sit n Be Fit	9:30am Jazzercise	Congregate meal		<b>Waretown Community Café - Congregate Meal Schedule</b>
			12 Cards in front room	9:30am Toning			Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
			<b>12pm Congregate Meal</b>				Contact person: Jeanne Broadbent 609-548-6319
			<b>1230pm BINGO with Help Alert</b>		RSVP by 10am for MONDAYS		email recreation@twpoceannj.gov
			<b>\$2donation requested</b>		Congregate meal		<a href="http://www.twpoceannj.gov">Website: www.twpoceannj.gov</a>
							 Funded in part by a grant from the Ocean County Board of Commissioners
6	830am Zumba	7 830am Forever Young	8 8:30 am Zumba	9 830am Dance Party	10		<b>Congregate Meals served every Monday &amp; Wednesday</b>
	915am Toning	930am Jazzercise	11am Sit n Be Fit	9:30am Jazzercise			Please arrive by 11:45pm
	11am Sit n Be Fit in Front Room	11am Sit n Be Fit	12 Cards in front room	9:30am FOREEVER YOUNG			You must RSVP your intent to attend by 10am the day before
	<b>12 pm Congregate Meal</b>	<b>12 BINGO Pizza w/ SEAVIEW ORTHO</b>					<b>FRIDAY for Monday / TUESDAY for Wednesday</b>
	1230 Nutritionist Jennifer Collins (MOW)	<b>12 Lunch provided by Fulfill</b>	<b>12pm Congregate Meal</b>				NO same day drop ins accepted
	<b>\$2donation requested</b>	12pm MahJong	<b>1230 G.C. BINGO w/ HEALTH VILLAGE IMAGING</b>				<b>\$2 Donation suggested.</b>
	<b>10am Must let Jeanne know if you want a meal tomorrow</b>	<b>10am Must let Jeanne know if you want a meal tomorrow</b>	<b>\$2donation requested</b>		RSVP by 10am for MONDAYS		RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
					Congregate meal		
13	830am Zumba	14 830am Forever Young	15 8:30 am Zumba	16 830am Dance Party	17		<b>Fulfill of Monmouth Ocean Boxed Lunched served at 12pm</b>
	915am Toning	930am Jazzercise	11am Sit n Be Fit	9:30am Jazzercise			You must RSVP your intent to attend by 10am on Monday
	11am Sit n Be Fit in Front Room	11am Sit n Be Fit	12 Cards in front room	9:30am FOREEVER YOUNG			NO same day meal drop ins accepted
	1030Senior Advisory Meeting RWBJ	<b>12 BINGO &amp; Pizza w Complete Care</b>	<b>12pm Congregate Meal</b>	<b>TAKE CONTROL OF YOUR HEALTH 10A-12P LIGHT REFRESHMENTS</b>			
	<b>12 pm Congregate Meal</b>	<b>12 Lunch provided by Fulfill</b>	<b>\$2donation requested</b>				RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
	<b>1230 GC BINGO with Beacon of Life</b>	12pm MahJong	<b>1230 G.C. BINGO SEACREST</b>				
		<b>10am Must let Jeanne know if you want a meal tomorrow</b>					
20		21 930am Jazzercise	22 8:30 am Zumba	23 830am Dance Party	24		<b>FEBRUARY SPEAKER'S</b>
		11am Sit n Be Fit	11am Sit n Be Fit	9:30am Jazzercise		NO LINE DANCING	<b>1st Monday of each Month - Jennifer Collins, Nutritionist (MOW) 1230pm</b>
	<b>PRESIDENT'S DAY</b>	12pm MahJong	12 Cards in front room	9:30am FOREEVER YOUNG			• Feb. 13 Stephanie Cron, RN will speak about cardiac Rehab at Community Medical Center, RWJBarnabas Health 10:30am Senior Advisory Meeting
	<b>TOWNSHIP CLOSED</b>	<b>12 Lunch provided by Fulfill</b>	<b>12pm Congregate Meal w games</b>	<b>TAKE CONTROL OF YOUR HEALTH 10A-12P LIGHT REFRESHMENTS</b>			<b>TAKE CONTROL OF YOUR HEALTH</b>
	<b>NO CONGREGATE MEAL TODAY</b>	<b>12pm Pizza &amp; BINGO w/ Barnegat Rehab</b>	<b>1230 GC BINGO with Executive Care</b>				<b>FEB. 16, 23 MAR. 2,9,16,23 (PROGRAM IS FULL BUT ACCEPTING WAITLIST)</b>
		<b>10am Must let Jeanne know if you want a meal tomorrow</b>	<b>\$2donation requested</b>				
27	830am Zumba	28 830 am Forever young					
	915am Toning	930am Jazzercise					
	11am Sit n Be Fit in Front Room	11am Sit n Be Fit					<b>12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's</b>
	<b>12 pm Congregate Meal</b>	<b>12pm Lunch provided by Fulfill</b>					
	1230 Hammer n Stain Art Class (\$15 suggested donation)	<b>12pm GC BINGO &amp; LUNCH w/ TALLWOODS</b>					
	<b>\$2donation requested</b>	12pm MahJong					<b>TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE</b>
	<b>10am Must let Jeanne know if you want a meal tomorrow</b>	<b>10am Must let Jeanne know if you want a meal tomorrow</b>					 it doesn't get more local
							Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities
	12:30 HAMMER N STAIN ART PROJECT \$15 SUGGESTED DONATION						<b>Funded in part by a grant from GCADA</b>