

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
2		3 830am Forever Young	4 8:30 am Zumba	5 830am Dance Party	6 RSVP by 10am for MONDAYS		JANUARY 2023 Waretown Older Adult Calendar of Activities Waretown Community Café - Congregate Meal Schedule 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  Funded in part by a grant from the Ocean County Board of Commissioners
		930am Jazzercise	11am Sit n Be Fit	9:30am Jazzercise	Congregate meal		
		11am Sit n Be Fit	12 Cards in front room	9:30am Toning			
		12 BINGO Pizza w/ SEAVIEW ORTHO		W.I.S.E EDUCATION PROGRAM 1130AM MEAL FOLLOWED BY PROGRAM			
		12 Lunch provided by Fulfill	12pm Congregate Meal				
		12pm MahJong	1230pm BINGO with Help Alert		RSVP by 10am for MONDAYS		
	TOWNSHIP CLOSED	10am Must let Jeanne know if you want a meal tomorrow	\$2donation requested		Congregate meal		
9	830am Zumba	10 830am Forever Young	11 8:30 am Zumba	12 830am Dance Party	13		Congregate Meals served every Monday & Wednesday
	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 Toning			You must RSVP your intent to attend by 10am the day before
	12 pm Congregate Meal	12 BINGO & Pizza w Complete Care					FRIDAY for Monday / TUESDAY for Wednesday
	1230 Nutritionist Jennifer Collins (MOW)	12 Lunch provided by Fulfill	12pm Congregate Meal				NO same day drop ins accepted
	\$2donation requested	12pm MahJong	1230 G.C. BINGO w/ HEALTH VILLAGE IMAGING	W.I.S.E EDUCATION PROGRAM 1130AM MEAL FOLLOWED BY PROGRAM			\$2 Donation suggested.
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow	\$2donation requested		RSVP by 10am for MONDAYS		RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
					Congregate meal		
16		17 830 am Forever Young	18 8:30 am Zumba	19 830am Dance Party	20		Fulfill of Monmouth Ocean Boxed Lunched served at 12pm
		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	12 Cards in front room	9:30am Toning			NO same day meal drop ins accepted
		12pm MahJong	12pm Congregate Meal				RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
		12 Lunch provided by Fulfill	\$2donation requested				
		12pm Pizza & BINGO w/ Barnegat Rehab	1230 G.C. BINGO SEACREST				
		10am Must let Jeanne know if you want a meal tomorrow			RSVP by 10am for MONDAYS		
					Congregate meal		
23	830am Zumba	24 830 am Forever young	25 8:30 am Zumba	26 830am Dance Party	27		JANUARY SPEAKER'S
	915am Toning	930am Jazzercise	11am Sit n Be Fit	9:30am Jazzercise			9th Jennifer Collins, Nutritionist (MOW) 1230pm
	1030 SENIOR ADVISORY MEETING	11am Sit n Be Fit	12 Cards in front room	9:30am Toning			23rd Seacrest Village 10:30am Senior Advisory Meeting
	12 pm Congregate Meal	12pm Lunch provided by Fulfill	12pm Congregate Meal w games				W.I.S.E EDUCATION PROGRAM 1130AM MEAL FOLLOWED BY PROGRAM - PRE REGISTRATION REQUIRED
	12:30 HAMMER N STAIN ART PROJECT \$15 SUGGESTED DONATION	12pm GC BINGO & LUNCH w/ TALLWOODS	1230 GC BINGO with Executive Care				5th & 128h 1130am
	\$2donation requested	12pm MahJong	\$2donation requested				
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow					
30	830am Zumba	31 830 am Forever young					
	915am Toning	930am Jazzercise					
	11am Sit n Be Fit in Front Room	11am Sit n Be Fit					12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's
	12 pm Congregate Meal	12pm Lunch provided by Fulfill					
	1230 GAMES	1230 TBA					
	\$2donation requested	12pm MahJong					TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow					 Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities Funded in part by a grant from GCADA