


















TOWNSHIP of OCEAN MUNICIPAL ALLIANCE SENIOR EXERCISE & SOCIAL & CONGREGATE MEAL CALENDAR OF EVENTS Sponsored in part by a grant from GCADA & OCSS **RSVP requested for All speakers programs: LUNCH & BINGO / WELLNESS / RWJ BARNABAS HEALTHCARE SPEAKERS BUREAU**

For more information call Jeanne 609-548-6319 or email recreation@twpoceanj.gov TO ATTEND MEALS YOU MUST RSVP @ DAYS PRIOR TO LUNCHEON FULFILL Boxed lunches FREE on Tuesdays at 12 you must pre-register by 10am the day before . A grant to host Congregate meals has been awarded. Meals will be served twice a week—we hope to begin this in May—Jeanne will be updated as to when this will start and on What days. We have requested Mondays and Wednesdays - MORE DETAILS TO FOLLOW

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 TOMORROW 10am Kymberly Macaron, BA (R) (M) (CT) Clinical Manager, Community Medical Center Women's Imaging</p> 	<p>2 830 Forever Young 915 Toning 11 SIT & BE FIT TAPES</p> <p>10 am SPEAKER -</p>	<p>3 NO JAZZERCISE 12PM CARD/GAMES</p>	<p>4 83:0 ZUMBA 9:15 TONING 12PM MAH JONGG</p>	<p>5 830 DANCE PARTY 930 NO JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit</p> <p>12 LUNCH & BINGO</p> 	<p>6 BASEBALL TRIP Mets v Phillies 430 pm Departure Tickets are \$75pp Call Jeanne 609-548-6319</p>	<p>7</p>  <p>Don't be a party to teenage drinking. It's against the law.</p>
<p>8</p> 	<p>9 830 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES</p> 	<p>10 830 FOREVER YOUNG 930 JAZZERCISE 12PM CARD/GAMES 12 FREE LUNCH—Fulfill of Ocean Monmouth 1pm HAMMER & STAIN ART CLASS</p>	<p>11 8:30 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES 12 LUNCH & BINGO 12PM MAH JONGG Library</p> 	<p>12 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit</p> 	<p>13</p>	<p>14 WARETOWN WINE In the PINES Festival 12-5P AT Corliss Park 182 Wells Mills Rd</p> 
<p>15 WARETOWN WINE In the PINES Festival 12-5P AT Corliss Park 182 Wells Mills Rd</p> 	<p>16 SENIOR ADVISORY Meeting 1030am</p>  <p>830 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES</p>	<p>17 830 FOREVER YOUNG 930 JAZZERCISE 12PM CARD/GAMES 12 BINGO & FREE LUNCH—Fulfill of Ocean Monmouth</p> 	<p>18 83:0 ZUMBA 9:15 TONING 12PM MAH JONGG Library</p>	<p>19 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23 830 ZUMBA 9:15 TONING 11 SIT & BE FIT TAPES</p> 	<p>24 830 FOREVER YOUNG 930 JAZZERCISE 12PM CARD/GAMES 12 BINGO LUNCH—Fulfill of Ocean Monmouth</p> 	<p>25 83:0 ZUMBA 9:15 TONING 12PM MAH JONGG 1pm PAINT PARTY with</p>	<p>26 830 DANCE PARTY 930 JAZZERCISE 930 FOREVER YOUNG 11 Sit n Be Fit</p>	<p>27</p>	<p>28 Founders Day FIREWORKS AT 9PM END OF BRYANT RD. BARNEGAT DOCK CONCERT 7PM</p>
<p>29</p>  <p>it doesn't get more local</p>	<p>30 MEMORIAL DAY OFFICES CLOSED</p> 	<p>31 830 FOREVER YOUNG 930 JAZZERCISE 12PM CARD/GAMES 1PM SIP & PAINT WITH SHELLY CREATIONS</p>	<p>LUNCH & BINGO WITH SPRING OAKS ASSISTED LIVING</p>	<p>32</p>	<p>FULFILL of Monmouth & Ocean Counties Free boxed lunch Tuesdays beginning May 10th at NOON \$2 DONATION</p>	<p>Please RSVP by 10am on Mondays—Fulfill meals can be picked up to take home</p>