




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
			1 8:30 am Zumba	2 830am Dance Party	3 RSVP by 10am for MONDAYS		<b>MARCH 2023 Waretown Older Adult Calendar of Activities</b>
			11 am Sit n Be Fit	9:30am Jazzercise	Congregate meal		<b>Waretown Community Café - Congregate Meal Schedule</b>
			12 Cards in front room	9:30am FOREEVER YOUNG			Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
			<b>12pm Congregate Meal</b>				Contact person: Jeanne Broadbent 609-548-6319 email recreation@twpoceannj.gov
			<b>1230pm BINGO with Help Alert</b> <b>\$2donation requested</b>	<b>TAKE CONTROL OF YOUR HEALTH LIGHT REFRESHMENTS 10A-12P</b>	RSVP by 10am for MONDAYS 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 915am Toning 11am Sit n Be Fit in Front Room	7 830am Forever Young 930am Jazzercise 11am Sit n Be Fit	8 8:30 am Zumba 11am Sit n Be Fit 12 Cards in front room	9 830am Dance Party 9:30am Jazzercise 9:30am FOREEVER YOUNG	10		<b>Congregate Meals served every Monday &amp; Wednesday</b> Please arrive by 11:45pm 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>TAKE CONTROL OF YOUR HEALTH LIGHT REFRESHMENTS 10A-12P</b>	<b>1230pm LINE DANCING with Theresa Brown</b>		<b>FRIDAY for Monday / TUESDAY for Wednesday</b> NO same day drop ins accepted
	1230 Nutritionist Jennifer Collins (MOW)	12 Lunch provided by Fulfill	<b>12pm Congregate Meal</b>				
	<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 Congregate meal		RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
13	830am Zumba 915am Toning 11am Sit n Be Fit in Front Room	14 830am Forever Young 930am Jazzercise 11am Sit n Be Fit	15 8:30 am Zumba 11am Sit n Be Fit 12 Cards in front room	16 830am Dance Party 9:30am Jazzercise 9:30am FOREEVER YOUNG	17		<b>Fulfill of Monmouth Ocean Boxed Lunched served at 12pm</b> You must RSVP your intent to attend by 10am on Monday NO same day meal drop ins accepted
		<b>12 BINGO &amp; Pizza w Complete Care</b>	<b>12pm Congregate Meal</b>	<b>TAKE CONTROL OF YOUR HEALTH LIGHT REFRESHMENTS 10A-12P</b>			RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
	<b>12 pm Congregate Meal</b>	12 Lunch provided by Fulfill	<b>\$2donation requested</b>				
	<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	830am Zumba 915am Toning 11am Sit n Be Fit in Front Room	21 930am Jazzercise 11am Sit n Be Fit 12pm MahJong	22 8:30 am Zumba 11am Sit n Be Fit 12 Cards in front room	23 830am Dance Party 9:30am Jazzercise 9:30am FOREEVER YOUNG	24		<b>MARCH'S SPEAKER'S</b> <b>1st Monday of each Month - Jennifer Collins, Nutritionist (MOW) 1230pm</b> <b>Mar 20 - NJ Maritime Museum - Authors Gretchen Coyle &amp; Debbie Whitcraft - Topic Cuba &amp; the SS Morro Castle</b>
	<b>1030pm Senior Advisory Meeting Authors Gretchen Coyle &amp; Debbie Whitcraft</b>	<b>12 Lunch provided by Fulfill</b>	<b>12pm Congregate Meal w games</b>	<b>TAKE CONTROL OF YOUR HEALTH LIGHT REFRESHMENTS 10A-12P</b>			<b>TAKE CONTROL OF YOUR HEALTH</b>
	<b>Topic:SS Morro Castle / Cuba</b>	<b>12pm Pizza &amp; BINGO w/ Barnegat Rehab</b>	1230 GC BINGO with Executive Care				<b>MAR. 2,9,16,23 (PROGRAM IS FULL BUT ACCEPTING WAITLIST)</b>
	<b>12 pm Congregate Meal</b>		<b>\$2donation requested</b>				
	1230pm GAMES	<b>10am Must let Jeanne know if you want a meal tomorrow</b>					
27	830am Zumba 915am Toning 11am Sit n Be Fit in Front Room	28 830 am Forever young 930am Jazzercise 11am Sit n Be Fit	29 8:30 am Zumba 11am Sit n Be Fit 12 Cards in front room	30 830am Dance Party 9:30am Jazzercise 9:30am FOREEVER YOUNG	31		<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>	<b>12pm Congregate Meal w games</b>				
	1230 Hammer n Stain Art Class (\$15 suggested donation)	<b>12pm GC BINGO &amp; LUNCH w/ TALLWOODS</b>	1230 GAMES				
	<b>\$2donation requested</b>	12pm MahJong	<b>\$2donation requested</b>				<b>TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE</b> it doesn't get more local  Alliance to Prevent Alcoholism and Drug Abuse creating healthy & safe communities
	<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>Funded in part by a grant from GCADA</b>
	12:30 HAMMER N STAIN ART PROJECT \$15 SUGGESTED DONATION						