

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday	Announcements
3							OCTOBER 2022 Waretown Older Adult Calendar of Activities
		930am Jazzercise	11am Sit n Be Fit	9:30am Jazzercise			Waretown Community Café - Congregate Meal Schedule
	11 am Sit n Be Fit	11am Sit n Be Fit	12 Cards in front room				Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
	12pm Congregate Meal w/ games \$2donation requested	12 BINGO Pizza with Barnegat Rehab 12pm Mahjong	12pm Congregate Meal & TAKE CONTROL OF YOUR HEALTH SPEAKER Linda Damiani \$2donation requested				Contact person: Jeanne Broadbent 609-548-6319
	BINGO to follow lunch with	10am Must let Jeanne know if you want a meal tomorrow					email recreation@twpoceannj.gov Website: www.twpoceannj.gov
							 Funded in part by a grant from the Ocean County Board of Commissioners
10					14 HEALTH FAIR 10-1PM		Congregate Meals served every Monday & Wednesday
		930am Jazzercise	11am Sit n Be Fit	9:30am Jazzercise	Flu Clinic , health care vendors		Please arrive by 11:45pm
	COLUMBUS DAY OFFICES CLOSED	11am Sit n Be Fit	12 Cards in front room				You must RSVP your intent to attend by 10am the day before
		12 Lunch provided by Fulfill					FRIDAY for Monday / TUESDAY for Wednesday
		12 BINGO & Pizza w Complete Care	12pm Congregate Meal & OCHD Mrs Downes on W.I.S.E. program (games to follow)				NO same day drop ins accepted
		12pm Mahjong	\$2donation requested				\$2 Donation suggested.
		10am Must let Jeanne know if you want a meal tomorrow			RSVP by 10am for MONDAYS Congregate meal		RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
17			18 8:30 am Zumba	20 8:30am Dance Party	21		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 in Front Room	11am Sit n Be Fit	12 Cards in front room	9:30am Forever Young in Senior Rm			NO same day meal drop ins accepted
	1030 Senior Advisory Meeting Meals on Wheels	12pm Mahjong					
	12pm Congregate Meal	12 Lunch provided by Fulfill	12pm Bingo / BUNCO				RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
	BIRTHDAY CELEBRATIONS	12 BINGO & Pizza w	12pm Congregate Meal				
	\$2donation requested		\$2donation requested				
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow			RSVP by 10am for MONDAYS Congregate meal		
	12:30pm Hammer n Stain Art Class						
24	830am Zumba 915am Toning	25 830 am Forever young 930am Jazzercise	26 8:30 am Zumba 11am Sit n Be Fit	27 8:30am Dance Party 9:30am Jazzercise	28		OCTOBER SPEAKER'S
	11am Sit n Be Fit in Front Room	11am Sit n Be Fit	12 Cards in front room	9:30am Forever Young in Senior Rm			3rd -
	12 pm Congregate Meal	12pm Lunch provided by Fulfill					8th -Linda Damiani, MOW, presentation on Take Control of Your Health 12:30pm
	1230pm Holistic Care Hospice presentation	12pm Pizza & BINGO w/ Barnegat Rehab	12pm Congregate Meal w Bingo				12th - OCHD Kelly Downes presentation on W.I.S.E. 10:30am
	\$2donation requested	12pm Mahjong	\$2donation requested		RSVP by 10am for MONDAYS Congregate meal		24th - Holisticare Hospice Vellus Campbell 12:30pm
	10am Must let Jeanne know if you want a meal tomorrow	10am Must let Jeanne know if you want a meal tomorrow	1PM EASLE ON DOWN ART CLASS		Email or Call Jeanne		
31	HAPPY HALLOWEEN						
	830am Zumba						
	915am Toning						12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's
	11 am Sit n Be Fit		AS OF 9-13-22				
	12pm Congregate Meal						
	\$2donation requested						
	1230 Shore to Age Well						TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE
							it doesn't get more local
							
	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