



Twp. of Ocean Municipal Alliance Senior Recreation Activities
 All exercise classes are held in the Waretown Community Center 239 11th St
 All bus trips depart from this location unless otherwise noted

For more information call Jeanne 609-548-6319 or email recreation@twpoceannj.gov

****Silver Liners Meet Every Wednesday at 10am in the Barnegat Recreation Center—this club is open to all****

SAVE THE DATE: OCT. 27 Jon Fiorella returns to speak on the USS Juneau Speaker 7:30pm

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Zumba Gold 9a Sit & Be Fit 10a POUND class 6p	3 Chair Exercise 9a <i>Cards 9:30a</i> ZUMBA 10 & 1230p Maj Jong 1p	4 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	5 Zumba Gold 9a Zumba Toning 945am Sit & Be Fit 10a	6 Line Dancing 9 Zumba choice 10a	7
8	9 COLUMBUS DAY OFFICES CLOSED NO CLASS	10 Chair Exercise 9a <i>Cards 9:30a</i> ZUMBA 10 & 1230p Maj Jong 1p	11 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	12 Zumba Gold 9a Zumba Toning 945am Sit & Be Fit 10a	13 Line Dancing 9a Zumba choice 10a Hayride 7-10pm at the Waretown Lake	14 Hayride 7-10pm at the Waretown Lake
15	16 Senior Advisory Meeting 10:30a Betty Logan topic: Medicare/Senior Benefits of NJ Zumba Gold 9a Sit & Be Fit 10a	17 Chair Exercise 9a <i>Cards 9:30a</i> ZUMBA 1230p Maj Jong 1p	18 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	19 Zumba Gold 9a Zumba Toning 945am Sit & Be Fit 10a	20 Flu Clinic in the Community Center 10-Noon NO EXERCISE CLASSES	21
22	23 Zumba Gold 9a Sit & Be Fit 10a POUND class 6p	24 Chair Exercise 9a <i>Cards 9:30a</i> ZUMBA 110 & 1230p Maj Jong 1p	25 Zumba Gold 9am Quilting 9a Move Today 12 Wii 1p Cards 1p	26 Zumba Gold 9a Zumba Toning 945am Sit & Be Fit 10a	27 Line Dancing 9am USS Juneau Presentation 7:30pm in the Community Center	28 Barnegat Fall Festival 11a-3p 900 W Bay Ave Hocus Pocus Drive in Movie 7pm at the Dock
29 Fire Co Halloween Parade 1pm from Library	30 Zumba Gold 9a Sit & Be Fit 10a	31 Chair Exercise 9a <i>Cards 9:30a</i> ZUMBA 1230p Maj Jong 1p		Mall Trips 3rd Friday of the month call Michele 693-3302 x 221 Alt. Ocean County Mall & Freehold	Mall trips -4th Friday of the month call Jeanne 609-548-6319 to register	Oct. Jackson Outlets Nov. Freehold Dec. Monmouth Cost \$9

