





TOWNSHIP of OCEAN SENIOR EXERCISE CALENDAR  
 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



Annual Municipal Alliance Food & Toy Drive begins—Donations can be dropped off at town hall or in barrel in Senior Room

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>TRIPS</p> <p>JAN 12—BOTANICAL GARDENS \$70</p> <p>FEB 13 — 600 MAIN TEAROOM \$35</p>	<p>MAR 9—PHL. FLOWER SHOW \$64</p> <p>APRIL 28 – HUNTERDON HILLS \$96</p>		<p>1 Zumba Gold 9am</p> <p>Quilting 9a</p> <p>Move Today 12</p> <p>Wii 1p Cards 1p</p>	<p>2 Zumba Gold 9a</p> <p>Zumba Toning 945am</p> <p>Sit &amp; Be Fit 10a</p>	<p>3 Line Dancing 9</p> <p>Zumba choice 10a</p> <p>Freehold Mall trip \$9</p>	4
5	<p>6 Zumba Gold 9a</p> <p>Sit &amp; Be Fit 10a</p>	<p>7 <b>ELECTION DAY</b></p> <p><b>NO CLASSES</b></p>	<p>8 Zumba Gold 9am</p> <p>Quilting 9a</p> <p>Move Today 12</p> <p>Wii 1p Cards 1p</p>	<p>9 Zumba Gold 9a</p> <p>Zumba Toning 945am</p> <p>Sit &amp; Be Fit 10a</p>	<p>10</p> <p><b>TWP. offices closed</b></p> <p><b>NO CLASSES</b></p>	11
12	<p>13 Zumba Gold 9a</p> <p>Sit &amp; Be Fit 10a</p> <p>POUND class 6p</p>	<p>14 Chair Exercise</p> <p>9a Cards 9:30a</p> <p>ZUMBA 10 &amp; 1230p</p> <p>Maj Jong 1p</p>	<p>15 Zumba Gold 9am</p> <p>Quilting 9a</p> <p>Move Today 12</p> <p>Wii 1p Cards 1p</p>	<p>16 Zumba Gold 9a</p> <p>Zumba Toning 945am</p> <p>Sit &amp; Be Fit 10a</p>	<p>17 Line Dancing 9</p> <p>Zumba choice 10a</p> <p>Ocean County Mall Trip \$9 pp</p>	18
<p>19 BARNEGAT FARMERS MARKET</p> <p>11-3PM</p> 	<p>20 Zumba Gold 9a</p> <p>Sit &amp; Be Fit 10a</p> <p>POUND class 6p</p> <p><b>Senior Advisory Meeting 10:30a</b> Spring Oaks Assisted Living speaker, BINGO and Lunch</p>	<p>21 Chair Exercise</p> <p>9a Cards 9:30a</p> <p>ZUMBA 10 &amp; 1230p</p> <p>Maj Jong 1p</p>	<p>22 Zumba Gold 9am</p> <p>Quilting 9a</p> <p>Move Today 12</p> <p>Wii 1p Cards 1p</p>	<p>23 <b>HAPPY THANKSGIVING</b></p> 	<p>24</p> <p><b>TWP. offices closed</b></p> <p><b>NO CLASSES</b></p>	25
26	<p>27 Zumba Gold 9a</p> <p>Sit &amp; Be Fit 10a</p> <p>POUND class 6p</p>	<p>28 Chair Exercise</p> <p>9a Cards 9:30a</p> <p>ZUMBA 10 &amp; 1230p</p> <p>Maj Jong 1p</p>	<p>29 Zumba Gold 9am</p> <p>Quilting 9a</p> <p>Move Today 12</p> <p>Wii 1p Cards 1p</p>	<p>30 Zumba Gold 9a</p> <p>Zumba Toning 945am</p> <p>Sit &amp; Be Fit 10a</p>	<p><b>12/1 Township Tree Lighting 6pm</b></p> <p><b>Snowman Sundae Party to follow at Firehouse</b></p>	