





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
		1 830 Zumba	2 8:30am Dance Party	3 Line Dancing 11:30am	May 2024 Waretown Older Adult Calendar of Activities
		915 Toning	9:15am Bands Balls & Bells		Waretown Community Café - Congregate Meal Schedule
		11am Sit n Be Fit	9:30am Jazzercise		Engel Sprague Senior Center - 239 11th St Waretown (GPS Barnegat)
		10:30am Art with MaryLu	12:30-4:30pm Mahjong club		Contact person: Jeanne Broadbent 609-548-6319
		12pm Congregate Meal \$2donation			email recreation@twpoceannj.gov
		1215 Horizon Blue BRAIN GAMES			Website: www.twpoceannj.gov
		1pm Cards			 Funded in part by a grant from the Ocean County Board of Commissioners
6 830 Zumba	7 8:30am Amped Up Aerobics	8 830 Zumba	9 8:30am Dance Party	10 Line Dancing 11:30am	Congregate Meals served every Monday & Wednesday
915 Toning	930am Jazzercise	915 Toning	9:15am Bands Balls & Bells		Please arrive by 11:45pm
11am Sit n Be Fit	11am Functional Fitness		9:30am Jazzercise		You must RSVP your intent to attend by 10am the day before
1130 LINE DANCING	12pm Pizza & GC BINGO with RIGHT at HOME	10:30am Art with MaryLu			FRIDAY for Monday / TUESDAY for Wednesday
12 pm Congregate Meal \$2donation	12 Lunch provided by Fulfill	11am Sit n Be Fit			12pm Congregate Meals - Don't forget to RSVP by 10am on Friday's to attend meals on Monday's - no same day drop ins accepted \$2 donation suggested
12 Beacon of Life GC Bingo	12pm MahJong	12pm Congregate Meal \$2donation			
1pm DOMINOES / MEXICAN TRAIN	4pm Gentle Stretching Yoga	1230 pm GC Bingo with Health Village Imaging			RSVP by Email recreation@twpoceannj.gov call Jeanne 609-548-6319
6pm Gentle Stretching Yoga	7pm Mens' Cards				
					Fulfill of Monmouth Ocean Boxed Lunched served at 12pm
					Every Tuesday
12:30 HAMMER N STAIN ART PROJECT DONATION \$15 SUGGESTED					
13 830 Zumba	14 8:30am Amped Up Aerobics	15 830 Zumba	16 8:30am Dance Party	17 Line Dancing 11:30am	You must RSVP your intent to attend by 10am on Monday
915 Toning	930am Jazzercise	915 Toning	9:15am Bands Balls & Bells		NO same day meal drop ins accepted
1130 LINE DANCING	11am Functional Fitness	11am Sit n Be Fit	9:30am Jazzercise		
12 pm Congregate Meal \$2donation	12pm GC BINGO & LUNCH w/ TALLWOODS	10:30am Art with MaryLu	12:30-4:30pm Mahjong club		RSVP by Email recreation@twpoceannj.gov or call Jeanne 609-548-6319
12:20 OCHD Osteoporosis	12pm Lunch provided by Fulfill	12pm Congregate Meal \$2 donation			
1pm DOMINOES / MEXICAN TRAIN	12pm MahJong	1220 OTPD SCAM PREVENTION PROGRAM			HOLIDAY CHANGE for MAY Fulfill brings its' MOBILE FOOD PANTRY on the 13th - 12pm
12pm MOBILE FOOD PANTRY NOON					
OC Social Services Mobile Van 12-2pm	4pm Gentle Stretching Yoga	1pm Cards			
6pm Gentle Stretching Yoga					MAY SPEAKER'S
					May 1 Horizon Blue Brain Games
					May 13 OCHD Osteoporosis 12:20pm
20 830 Zumba	21 8:30am Amped Up Aerobics	22 830 Zumba	23 8:30am Dance Party	24	May 20 OCHD Directory of Services Program 12:20pm
915 Toning	9:30am Jazzercise	915 Toning	9:15am Bands Balls & Bells		May 22 Nutritionist Jennifer Collins 12:20pm
11am Sit n Be Fit	11am Functional Fitness	11am Sit n Be Fit	9:30am Jazzercise		
	12pm Pizza & BINGO w/ Barnegat Rehab	10:30am Art with MaryLu	12:30-4:30pm Mahjong club		ATTENTION: THESE PROGRAMS ARE SPONSORED IN PART BY GRANTS FROM
1130 LINE DANCING					
12 pm Congregate Meal \$2 donation requested		12pm Congregate Meal \$2 donation			TOWNSHIP OF OCEAN MUNICIPAL ALLIANCE
	12 Lunch provided by Fulfill	1215 Nutritionist Jenn Collins			
1220 OCHD Directory of Services	12pm MahJong	1pm Cards			 Funded in part by a grant from the Ocean County Board of Commissioners
1pm DOMINOES / MEXICAN TRAIN	4pm Gentle Stretching Yoga				
					3RD MONDAY OF THE MONTH:
					FULFILL MOBILE FOOS PANTRY 12PM (BRING YOUR OWN BAGS)
					NOTE THE FOOD PANTRY CHANGE FOR MAY - IT IS NOW MAY 13th
					OCEANCOUNTY SOCIAL SERVICES TO YOU VAN 12-2PM
27 MEMORIAL DAY	28 8:30am Amped Up Aerobics	29 IN HONOR OF OLDER AMERICANS MONTH SPECIAL DAY WITH SEACREST VILLAGE	30 8:30am Dance Party	31 1130 LINE DANCING	OLDER AMERICANS MONTH
	9:30am Jazzercise	9:30 - 10:00AM Muffins, Coffee and Conve	9:15am Bands Balls & Bells		
OFFICES CLOSED	11am Functional Fitness	10:00 - 10:45 - Dr. Mira - The Importance of Socialization and Self	9:30am Jazzercise		POWERED BY CONNECTION: MAY 2024
		11:00 - 11:30AM - Ask Anne - Q & A with Bratton Elder Law	12:30-4:30pm Mahjong club		
	12pm Pizza w& BINGO with Aspen Dental	11:45 - 12:30 - Lunch compliments of Seacrest Rehabilitation &			
		12:30pm The Price is Right with Jacqueline Phillips, Director of Community Relations			May 29 A Day with Seacrest Village features Dr Mira Ahuja
	12 Lunch provided by Fulfill				Event