

NAME \_\_\_\_\_


PHONE \_\_\_\_\_



# February 2019



**FREEHOLD TWP. SENIOR CENTER /732-294-2029**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 9:30 Pilates 9:30 Arts & Crafts <b>NO LINE DANCING</b> 12:30 Bingo 2:00 Mindful Meditation	2  <b>Groundhog Day</b>
3	4 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	5 9:00 Pinochle <b>9:45 Grammy Museum Trip</b> 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	6 9:30 Walking Club - Mall 10:00 Aerobics <b>11:00 Speaker - Free Bingo</b> 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	7 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong <b>1:00 Diabetes Workshop</b>	8 9:30 Pilates 9:30 Arts & Crafts <b>10:00 Orchid Show Trip</b> <b>NO LINE DANCING</b> <b>1:00 Movie - Mamma Mia II</b> 2:00 Mindful Meditation	9
10	11 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	12 9:00 Pinochle <b>9:30 Parx Trip</b> 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	13 9:30 Walking Club - Mall 10:00 Aerobics <b>12:00 - 3:00 — Red Hats/Movie</b> 12:00 Poker 12:30 Mahjong <b>No Toning / Aerobics</b>	14 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong <b>1:00 Diabetes Workshop</b>	15 9:30 Pilates @ Rec Center <b>11:30 Mardi Gras Social</b> 	16
17	18  <b>CLOSED President's Day</b>	19 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting <b>11:00 Card Making Class</b> 2:00 Strong Bones	20 9:30 Walking Club - Mall 10:00 Aerobics <b>11:00 Speaker - Alzheimer's</b> 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	21 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong <b>1:00 Diabetes Workshop</b>	22 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing <b>12:30 Bingo</b> 2:00 Mindful Meditation	23
24	25 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	26 9:00 Pinochle <b>9:30 A/C Trip - Golden Nugget</b> 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	27 9:30 Walking Club - Mall 10:00 Aerobics <b>12:30 - 2:00 Speaker - Senior Day</b> <b>No Toning / Aerobics</b>	28 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong		

If you cannot reach the Center & have a TRUE emergency you can call the Recreation Office at 732-294-2190.