

NAME _____


DATE _____



August 2019



Freehold Township Senior Center / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	2 10:45 Line Dancing 11:00 Lunch Trip - Shut Up & Eat (\$2) 1:00 Movie - On The Basis of Sex 2:00 Mindful Meditation	3
4	5 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	6 9:00 Pinochle 9:30 Trader Joe's /Mercer Mall Trip (\$5) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	7 9:30 Walking Club / Sea Girt 10:00 Aerobics 11:00 Speaker - Veteran's Benefits 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	8 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	9 9:15 Spirit of NJ Cruise(\$90) <u>CLOSED</u> Camp Banquet 	10
11	12 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	13 9:00 Pinochle 9:30 Parx Trip (\$5) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	14 9:30 Walk- ing Club / Long Branch w/lunch 10:00 Speaker - Brain Health 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	15 9:00 Cape May Trip (\$30) 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	16 10:45 Line Dancing 1:00 Movie - The Upside 2:00 Mindful Meditation	17
18	19 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	20 9:00 Pinochle 9:30 Cracker Barrel Trip(\$5) 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 2:00 Strong Bones	21 9:30 Walk- ing Club/Belmar 10:00 Aerobics 11:00 Speaker - Estate Planning 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	22 10:00 Zumba 11:30 Afford- able Housing 12:00 Strong Bones 1:00 Games / Mahjong	23 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	24
25	26 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:30 Book Club 1:45 Art Class	27 9:00 Pinochle 9:30 A/C Trip Resorts (\$25) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	28 9:30 Walk- ing Club/Spring Lake w/Lunch 10:00 Aerobics 11:00 Speaker - Free Bingo 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	29 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	30 10:45 Line Dancing <u>No Bingo / Movie No Mindful Meditation</u>	31