

NAME _____




DATE _____



January 2019

Freehold Township Senior Center / 732-294-2029



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 CLOSED 	2 9:30 Walking Club / Mall 10:00 Aerobics 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	3 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	4 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	5
6	7 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	8 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	9 9:30 Walking Club / Mall 10:00 Aerobics 12:00 - 3:00 Red Hats/Movie 12:00 Poker 12:30 Mahjong No Toning / Aerobics	10 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	11 9:30 Pilates @ Rec Center 11:30 New Year's Social 	12
13	14 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	15 9:00 Pinochle 9:30 Parx Trip 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 2:00 Strong Bones	16 9:30 Walking Club / Mall 10:00 Aerobics 11:00 Speaker - Name That Tune 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	17 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong 1- 3 Diabetes Workshop	18 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	19
20	21 CLOSED 	22 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	23 9:30 Walking Club / Mall 10:00 Aerobics 11:00 Speaker - Foot & Ankle 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	24 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong 1- 3 Diabetes Workshop	25 No Pilates 9:30 Arts & Crafts 10:45 Line Dancing 1:00 Movie - Crazy Rich Asians 2:00 Mindful Meditation	26
27	28 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	29 9:00 Pinochle 9:30 A/C Trip - Resorts 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	30 No Walking Club 10:00 Aerobics 10:30 Two River Theater Trip 11:00 Speaker - Free Bingo 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	31 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong 1- 3 Diabetes Workshop		

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