

NAME _____

PHONE _____



July 2019



Freehold Township Senior Center / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	2 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	3 9:30 Walking Club / Avon 10:00 Aerobics 11:00 Speaker – Elder Care Law 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	4  CLOSED	5 CLOSED	6
7	8 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	9 9:00 Pinochle 9:30 Spring Lake Trip (\$5) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	10 No Walking 10:00 Aerobics 10:45 Doolan's Trip (\$58) 11:00 Speaker Alzheimer's 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	11 9:00 Jersey Boys Trip \$135 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	12 11:30 Social - LUAU 	13
14	15 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	16 9:00 Pinochle 9:30 Jersey Shore Outlets Trip (\$5) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	17 9:30 Walking Club/Ocean Grove w/Lunch 10:00 Aerobics 11:00 Speaker – Bingo & Prizes 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	18 9:30 Spring Lake Trip (\$5) 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	19 10:45 Line Dancing 1:00 Movie - Vice 2:00 Mindful Meditation	20
21	22 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	23 9:00 Pinochle 9:30 Parx's Trip (\$10) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	24 9:30 Walking Club/Belmar 10:00 Bus. Mtg. 11:00 Speaker – Game Day 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	25 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	26 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	27
28	29 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	30 9:00 Pinochle 9:30 A/C Trip Tropicana (\$25) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	31 9:30 Walking Club /Pt. Pleasant w/Lunch 10:00 Aerobics 11:00 Speaker – Fall Prevention 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics			