

Name \_\_\_\_\_



Phone \_\_\_\_\_



# June 2019



Freehold Township Senior Center / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	4 <b>NO CLASSES</b>  <b>Election Day</b>	5 10:00 Aerobics 10:30 Popcorn Park Zoo Trip 11:00 Speaker - <b>Indep. Living</b> 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	6 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	7 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing <b>12:30 Bingo</b> 2:00 Mindful Meditation	8
9	10 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	11 9:00 Pinochle <b>9:30 Parx Trip</b> 10:00 Line Dancing 10:00 Knitting 2:00 Strong Bones	12 9:30 Walking Club / S.L. 10:00 Aerobics <b>11:00 Speaker - Lunch n' Learn</b> 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	13 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	14 9:30 Pilates 9:30 Arts & Crafts <b>9:45 Hunterdon Hills Trip</b> 10:45 Line Dance <b>1:00 Movie</b> 2:00 Mindful Meditation	15
16  <b>Father's Day</b>	17 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	18 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting <b>11:00 Card Making Class</b> 2:00 Strong Bones	19 9:00 Cher <b>9:30 Walking Club A.P.w/lunch</b> 10:00 Aerobics <b>11:00 Speaker - Free Craft</b> 12:00 Poker 12:30 Mahjong 1:00 Toning	20 9:30 Trip - <b>Columbus Mkt.</b> 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	21 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing <b>12:30 Bingo</b> 2:00 Mindful Meditation	22
23	24 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class <b>1:30 Book Club</b> 1:45 Art Class	25 9:00 Pinochle <b>9:30 A/C Trip - Caesar's (\$25)</b> 10:00 Line Dancing 10:00 Knitting 2:00 Strong Bones	26 9:30 Walking/L.B.w/Lunch 10:00 Aerobics <b>11:00 Speaker - Lunch n' Learn</b> 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	27 10:00 Zumba <b>10:15 Paper Mill Playhouse Trip</b> 12:00 Strong Bones 1:00 Games / Mahjong	28 9:30 Arts & Crafts 10:45 Line Dancing <b>1:00 Movie</b> 2:00 Mindful Meditation	29
30				