


May 2019



Freehold Township Senior Center / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 9:00 Walking Club - Park 10:00 Aerobics 11:00 Speaker - Free Bingo 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	2 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	3 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	4
5	6 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	7 9:00 Pinochle 9:30 Cracker Barrel Trip \$5 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	8 9:00 Walking Club - Park 10:00 Aerobics 11:00 Speaker - Meditation 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	9 <u>CLOSED</u> 5:00 - 8:00 Spring Fling Senior/ Senior Dance	10 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing 1:00 Movie - Can You Ever Forgive Me 2:00 Mindful Meditation	11
12	13 NO PILATES 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	14 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 10:45 Doolan's Trip \$58 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	15 10:00 Aerobics 10:45 Doolan's Trip \$58 11:00 Speaker - Meditation 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	16 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	17 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	18
19	20 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	21 9:00 Pinochle 9:30 Parx Trip 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 2:00 Strong Bones	22 10:00 Aerobics 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	23 9:30 Columbus Mkt. Trip \$5 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	24 NO PILATES 9:30 Arts & Crafts 10:45 Line Dancing No Meditation	25
26	27 <u>CLOSED</u>  Memorial Day	28 9:00 Pinochle 9:30 A/C Trip - Resorts \$25 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones	29 10:00 Aerobics 10:15 Buck's Co. Trip \$78 11:00 Speaker - Proton Therapy 12:00 Poker 12:30 Mahjong 1:00 Toning & Aerobics	30 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	31 9:30 Pilates 9:30 Arts & Crafts 10:45 Line Dancing 1:00 Movie - Second Act 2:00 Mindful Meditation	