

NAME _____

PHONE _____



September 2019



Freehold Township Senior Center / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	 <p>HAPPY LABOR DAY CLOSED</p>	<p>3:00 Pinochle 9:30 Parx Trip (\$10) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones</p>	<p>4:30 Walking Club - Asbury 10:00 Aerobics 11:00 Speaker - Medicare Info 12:00 PNC Art Center Concert 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	<p>5 9:15 Light-house Trip (\$10) 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong</p>	<p>6 9:30 Pilates 9:15 Safari Trip (\$39) 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation</p>	7
8	<p>9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class</p>	<p>10:00 Pinochle 10:00 Line Dancing 10:00 Allaire Village Trip (\$12) 10:00 Knitting & Crocheting 2:00 Strong Bones</p>	<p>11:30 Walking Club / Pt. Pleasant w/Lunch 10:00 Aerobics 11:00 Speaker - Medication Ed. 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	12	<p>13 9:30 Pilates at Rec Center 11:30 Fall Social</p> 	14
15	<p>16 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class</p>	<p>17 9:00 Pinochle 9:45 Surfflight Theatre Trip (\$80) 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 2:00 Strong Bones</p>	<p>18 9:30 Walking Club - Bradley Beach 10:00 Aerobics 11:00 Speaker - Spine Health 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	19	<p>20 9:30 Pilates 8:30 Glen Feord Trip (\$35) 10:45 Line Dancing 1:00 Movie - The Hustle 2:00 Mindful Meditation</p>	21
22	<p>23 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:30 Book Club 1:45 Art Class</p>	<p>24 9:00 Pinochle 9:30 A/C Trip - Golden Nugget (\$25) 10:00 Line Dancing 10:00 Knitting & Crocheting 2:00 Strong Bones</p>	<p>25 9:30 Walking Club / Ocean Grove w/Lunch 10:00 Aerobics 11:00 Speaker - Pneumonia 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	26	<p>27 No Pilates 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation</p>	28
29	<p>30 No Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class</p>					