

NAME _____


PHONE _____



April 2020



Freehold Township Senior Center / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 10:15 Bristol River Trip & Lunch (\$68) 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 10:45 Line Dancing 1:00 Movie - "Judy" 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 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones	8 9:30 walking Club-Mall/Park 11:00 Speaker - Clear Captions 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	9 10:00 Zumba NO STRONG BONES 1:00 Games / Mahjong	10 10:45 Line Dancing NO AFTERNOON ACTIVITIES	11
12 	13 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	14 9:00 Pinochle 9:30 Parx Trip (\$10) 10:00 Line Dancing 10:00 Knitting & Crocheting NO STRONG BONES	15 9:30 walking Club-Mall/Park 11:00 Speaker - Bingo & Prizes 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	16 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	17 11:30 Spring Social 	18
19	20 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	21 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 12:00 Strong Bones	22 9:30 Walking Club-Mall/Park 11:00 Speaker - Free Massages 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 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	25
26	27 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:30 Book Club 1:45 Art Class	28 9:00 Pinochle 9:30 A/C Trip - Golden Nugget \$25 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones	29 9:30 Walking Club/Bellworks 11:00 Speaker - Senior Scams 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	30 10:00 Zumba 10:45 Doolan's Trip (\$55) 12:00 Strong Bones 1:00 Games / Mahjong		