

NAME _____



PHONE _____



February 2020



FREEHOLD TWP. SENIOR CENTER / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2  Groundhog Day	3 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	4 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones	5 9:30 Walking Club - Mall 10:00 Aerobics 11:00 Speaker - Cooking Demo 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 10:00 Orchid Show Trip 10:45 Line Dancing 1:00 Movie - Goldfinch 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 9:30 Parx Trip 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones	12 9:30 Walking Club - Mall 10:00 Aerobics 12:00 - 3:00 — Red Hats 12:00 Poker 12:30 Mahjong No Toning / Aerobics	13 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong 1:15 Chocolate Making Class	14 9:30 Pilates 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	15
16	17  CLOSED President's Day	18 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 11:00 Mastoris Trip 12:00 Strong Bones	19 9:30 Walking Club - Mall 10:00 Aerobics 11:00 Speaker - Heart Health 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	20 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	21 NO PILATES 11:30 Mardi Gras Social 	22
23	24 NO PILATES 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class	25 9:00 Pinochle 9:30 A/C Trip - Resorts 10:00 Line Dancing 10:00 Knitting & Crocheting 10:45 Culinary Ed. Center Trip 12:00 Strong Bones	26 9:30 Walking Club/Bell Wk 10:00 Aerobics 11:00 Speaker - Craft 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	27 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	28 9:30 Pilates 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	29