


January 2020

FREEHOLD TWP. SENIOR CENTER / 732-294-2029

Sun Mon Tue Wed Thu Fri Sat

			<p>1</p> <p>CLOSED</p>  <p>New Year's Day</p>	<p>2</p> <p>10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong</p>	<p>3</p> <p>10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation</p>	
5	<p>6 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class</p>	<p>7 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones</p>	<p>8 9:30 Walking Club/Mall 10:00 Aerobics 12:00 Poker 12:00 Red Hats 12:30 Mahjong 1:00 Toning / Aerobics</p>	<p>9</p> <p>10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong</p>	<p>10</p> <p>9:30 Pilates @ Rec Center</p>  <p>11:30 New Year's Social</p>	11
12	<p>13 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:45 Art Class</p>	<p>14 9:00 Pinochle 9:30 Parx Trip 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones</p>	<p>15 9:30 Walking Club/Mall 10:00 Aerobics 11:00 Speaker 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	<p>16</p> <p>10:00 Zumba 11:15 Mr. Shrimp Trip 12:00 Strong Bones 1:00 Mahjong</p>	<p>17 9:30 Pilates 10:45 Line Dancing 1:00 Movie - Lion King 2:00 Mindful Meditation</p>	18
19	<p>20</p> <p>CLOSED</p>  <p>Martin Luther King Jr. Day</p>	<p>21 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Card Making Class 12:00 Strong Bones</p>	<p>22 9:30 Walking Club/Mall 10:00 Aerobics 11:00 Speaker 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	<p>23</p> <p>10:00 Zumba 11:15 Afternoon Tea Trip 12:00 Strong Bones 1:00 Mahjong</p>	<p>24 9:30 Pilates 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation</p>	25
26	<p>27 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair Class 1:00 Book Club 1:45 Art Class</p>	<p>28 9:00 Pinochle 9:30 A/C Trip 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones</p>	<p>29 9:30 Walking Club/Mall 10:00 Aerobics 11:00 Speaker 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics</p>	<p>30</p> <p>10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong</p>	<p>31 9:30 Pilates 10:45 Line Dancing 1:00 Movie - Biggest Little Farm 2:00 Mindful Meditation</p>	