

NAME _____

PHONE _____



March 2020



FREEHOLD TWP. SENIOR CENTER / 732-294-2029

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair 1:45 Art Class	3 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 11:00 Mastoris Lunch Trip 12:00 Strong Bones	4 9:30 Walking Club - Mall 10:00 Aerobics 11:00 Speaker - Balance 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	5 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	6 9:30 Pilates 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	7
8 Daylight Savings Time Begins	9 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair 1:45 Art Class	10 9:00 Pinochle 9:30 Parx Trip 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones	11 9:30 Walking Club - Mall 10:00 Aerobics 11:00 Speaker - Diet Fads 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	12 10:00 Zumba 10:15 Axelrod Theater/Lunch 12:00 Strong Bones 1:00 Games / Mahjong	13 9:30 Pilates 10:45 Line Dancing 1:00 Movie Downton Abbey 2:00 Mindful Meditation	14
15	16 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair 1:45 Art Class	17 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones 1-3 PM : Red Hats Yard Sale	18 9:30 Walking Club - Mall 10:00 Aerobics 11:00 Speaker - Elder Law 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	19 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	20 9:30 Pilates @ Rec. Center 11:30 - St. Patrick's Day Social 	21
22	23 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair 1:30 Book Club 1:45 Art Class	24 9:00 Pinochle 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones	25 9:30 Walking Club-Bell 10:00 Aerobics 11:00 Speaker - Veteran's Aide 12:00 Poker 12:30 Mahjong 1:00 Toning / Aerobics	26 8:45 Sight & Sound Trip 10:00 Zumba 12:00 Strong Bones 1:00 Games / Mahjong	27 9:30 Pilates 10:45 Line Dancing 12:30 Bingo 2:00 Mindful Meditation	28
29	30 9:30 Pilates 10:30 Mindful Meditation 12:00 Yoga 1:00 Arm Chair 1:45 Art Class	31 9:00 Pinochle 9:30 AC Trip-Harrah's 10:00 Line Dancing 10:00 Knitting & Crocheting 12:00 Strong Bones				