

NAME _____ PHONE _____



AUGUST 2022

FREEHOLD TOWNSHIP SENIOR CENTER
116 JACKSON MILLS RD. / 732-294-2029



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 Pilates 10:30 Zumba 12:00 Strong Bones	2 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	3 9:30 Walking Club/Spring Lk 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 - 3:30 Covid Clinic	4 10 - 4 Mahjong 10:00 Line Dancing	5 11:00 Yoga 12:30 Movie - Father Stu	6
7	8 9:30 Pilates 10:30 Zumba 12:00 Strong Bones	9 9:30 Parx Trip (\$10) 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	10 9:30 Walking Club/Ocean Grove w/Lunch 10-4 Mahjong 11:00 Strong Bones 12:00 Poker	11 10 - 4 Mahjong 10:00 Line Dancing 10:45 Doolan's Trip (\$58)	12 CLOSED	13
14	15 9:30 Pilates 10:30 Zumba 12:00 Strong Bones	16 9:15 Marlpit Mansion Trip (\$10) 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	17 9:30 Walking Club/Sea Girt 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker-Trivia w/Lunch	18 10 - 4 Mahjong 10:00 Line Dancing 12:30 Tai Chi	19 11:00 Yoga 12:30 Bingo w/ Wedgewood Gardens	20
21	22 9:30 Pilates 10:30 Zumba 11:30 - 2:00 Blood Pressure Screenings 12:00 Strong Bones	23 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	24 9:30 Walking Club/Long Branch w/lunch 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker-Diabetes	25 10 - 4 Mahjong 10:00 Line Dancing	26 11:00 Yoga 12:30 Bingo	27
28	29 9:30 Pilates 10:30 Zumba 12:00 Strong Bones	30 9:30 Cracker Barrel Trip(\$5) 10-4 Mahjong 10:00 Knitting 10:30 Aerobics 12:30 Book Club	31 9:30 Walking Club/Belmar 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker-Annuities			