



JULY 2022

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



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <u>NO YOGA</u>	2
3	4  <u>CLOSED</u>	5 9:00 Smithville Trip \$10 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	6 9:30 Walking Club - Bradley 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker	7 10-4 Mahjong 10:00 Line Dancing	8 11:00 Yoga 12:30 Movie - Free Guy	9
10	11 9:30 Pilates 10:30 Zumba 12:00 Strong Bones	12 9:00 Parx Casino Trip-\$10 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	13 9:30 Walking Club-Pt. Pleasant w/ Lunch 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker	14 10-4 Mahjong 10:00 Line Dancing	15 11:00 Yoga 12:30 Bingo with Wedgewood Gardens	16
17	18 9:30 Pilates 10:30 Zumba 12:00 Strong Bones	19 9:00 Jersey Shore Outlets \$5 10-4 Mahjong 10:00 Knitting 10:30 Aerobics	20 9:30 Walking Club - Avon 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker	21 10-4 Mahjong 10:00 Line Dancing 12:30 Tai Chi	22 11:00 Yoga 12:30 Movie - Ghostbusters Afterlife	23
24	25 9:30 Pilates 10:30 Zumba 11:30 - 2:00 Blood Pressure Screenings 12:00 Strong Bones	26 10-4 Mahjong 10:00 Knitting 10:30 Aerobics 11:15 Mr. Shrimp Trip \$19 12:30 Book Club	27 9:30 Walking Club-Long Branch w/ Lunch 10-4 Mahjong 11:00 Strong Bones 12:00 Poker	28 10-4 Mahjong 10:00 Line Dancing 11:30 Speaker-Better Sleep	29 11:00 Yoga 12:30 Bingo	30
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