

NAME _____ PHONE _____



May 2022

Freehold Township Senior Center

732-294-2029



<u>Sun</u>	<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thu</u>	<u>Fri</u>	<u>Sat</u>
1	2 9:30 Pilates 10:30 Zumba 12:00 Arm Chair Class	3 10-4 Mahjong 10:30 Aerobics	4 10-4 Mahjong 11:00 Strong Bones 12:00 Poker	5 10-4 Mahjong 10:30 Line Dancing	6 11:00 Yoga 12:30 Movie - The 355	7
8 	9 9:30 Pilates 10:30 Zumba 12:00 Arm Chair Class	10 10-4 Mahjong 10:30 Aerobics	11 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Foot Care	12 10-4 Mahjong 10:30 Line Dancing	13 11:00 Yoga 12:30 Movie - Marry Me	14
15	16 9:30 Pilates 10:30 Zumba 12:00 Arm Chair Class	17 10-4 Mahjong 10:30 Aerobics	18 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Trivia & Lunch	19 10-4 Mahjong 10:30 Line Dancing 12:30 Tai Chi 	20 11:00 Yoga 12:30 Bingo	21
22	23 9:30 Pilates 10:30 Zumba 11:30-2:00 Blood Pressure Screenings 12:00 Arm Chair Class	24 10-4 Mahjong 10:30 Aerobics 12:30 Book Club	25 10-4 Mahjong 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Lunch & Fitness	26 10-4 Mahjong 10:30 Line Dancing 12:00 Card Making Class	27 11:00 Yoga	28
29	30  <u>CLOSED</u>	31 10-4 Mahjong 10:30 Aerobics				