

Mon	Tue	Wed	Thu	Fri
<p>2</p> <p><b>NO YOGA</b></p> <p>10am Beginner Canasta</p> <p><b>NO TOTAL BODY WORKOUT</b></p> <p>11am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting</p> <p>1pm Pickle Ball I</p> 	<p>3</p> <p><b>NO EARLY BIRD STRENGTH TRAINING</b></p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio</p> <p>Adv Cardio</p> <p>10:30am <i>Senior Advisory Committee Meeting</i></p> <p>11:30am Gentle Fitness</p>	<p>4</p> <p>9am Breakfast Club</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong/Pool</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece/ Pickle Ball I</p> <p><i>TRIP: October Fest, LeGreci's Staaten, SI, NY</i></p> <p>10:15am-4:45pm</p> 	<p>5</p> <p><b>NO EARLY BIRD STRENGTH TRAINING</b></p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio/Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p><b>NO BALANCE &amp; STRETCH CLASS</b></p> 	<p>6</p> <p>9am <b>CHOLESTEROL SCREENING</b></p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Wegman's/Target</p> <p><b>NO YOGA</b></p> 
<p>9</p> <p><i>Columbus Day</i></p>  <p><b>OFFICES CLOSED/NO CLASSES</b></p>	<p>10</p> <p><b>NO EARLY BIRD STRENGTH TRAINING</b></p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio</p> <p>Adv Cardio</p> <p>11:30am Gentle Fitness</p> <p>1pm</p> 	<p>11</p> <p>9am What Is Your Opinion?</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong/Pool</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p>	<p>12</p> <p>7:50am Early Bird Strength Training</p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio/Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p>1pm Balance &amp; Stretch Class</p>	<p>13</p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Shoprite</p> <p>11:30am Yoga II</p> 
<p>16</p> <p>10am <b>AARP DEFENSIVE DRIVING CLASS</b></p> <p>9am Yoga I</p> <p>10am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting/Pickle Ball I</p>	<p>17</p> <p>10am <b>AARP DEFENSIVE DRIVING CLASS</b></p> <p>7:50am Early Bird Strength Training</p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio</p> <p>Adv Cardio</p> <p>11:30am Gentle Fitness</p> 	<p>18 <b>HEALTH &amp; WELLNESS DAY</b></p> <p>10am-1pm</p> <p><b>FLU &amp; PNEUMONIA SHOTS</b></p>  <p><b>NO CLASSES</b></p>	<p>19</p> <p>7:50am Early Bird Strength Training</p> <p>9am Strength Training/Adv Strength Tr.</p> <p>10:15am Intermediate Cardio/Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p><b>NO BALANCE &amp; STRETCH CLASS</b></p> <p>1pm <b>BOOK CLUB BUZZ</b></p>	<p>20</p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Shoprite</p> <p>11:30am Yoga II</p> <p><i>TRIP: "Train of Love"</i></p> <p><i>Tribute to Johnny Cash</i></p> <p><i>Hunterdon Hills Playhouse</i></p> <p>10am-5pm</p> 
<p>23</p> <p>9am Yoga I</p> <p>10am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting</p> <p>1pm Pickle Ball I</p> 	<p>24</p> <p>7:50am Early Bird Strength Training</p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio</p> <p>Adv Cardio</p> <p>11:30am Gentle Fitness</p> <p>1pm</p> 	<p>25</p> <p>9am What Is Your Opinion?</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong/Pool</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p>	<p>26</p> <p>7:50am Early Bird Strength Training</p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio/Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p>1pm Balance &amp; Stretch Class</p> <p><b>SENIOR BULLYING LEC. CANCELLED</b></p>	<p>27</p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Walmart/Sam's</p> <p>11:30am Yoga II</p> <p><b>SHORT STORIES CANCELLED</b></p> 
<p>30 <b>NO YOGA</b></p> <p>10am Beginner Canasta</p> <p><b>NO TOTAL BODY WORKOUT</b></p> <p>11am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting/Pickle Ball I</p>	<p>31</p> <p>7:50am Early Bird Strength Training</p> <p>9am Strength Training</p> <p>Adv Strength Training</p> <p>10:15am Intermediate Cardio</p> <p>Adv Cardio</p> <p>11:30am Gentle Fitness</p> 	<p><b>SENIOR OFFICE EMAILS</b></p> <p>Denise: <a href="mailto:dbarry@marlboro-nj.gov">dbarry@marlboro-nj.gov</a></p> <p>Linda: <a href="mailto:ldugan@marlboro-nj.gov">ldugan@marlboro-nj.gov</a></p> <p>Rosemary: <a href="mailto:rascal@marlboro-nj.gov">rascal@marlboro-nj.gov</a></p> <p><a href="https://register.communitypass.net/marlboro">https://register.communitypass.net/marlboro</a></p> <p><a href="http://www.marlboro-nj.gov">www.marlboro-nj.gov</a> 732.617.0367</p> <p><a href="https://register.communitypass.net/marlboro">https://register.communitypass.net/marlboro</a></p>	<p><b>OPEN ENROLLMENT</b></p> <p><b>OCTOBER 15-DECEMBER 7, 2017</b></p> <p><b>MEDICARE PART D</b></p>	