

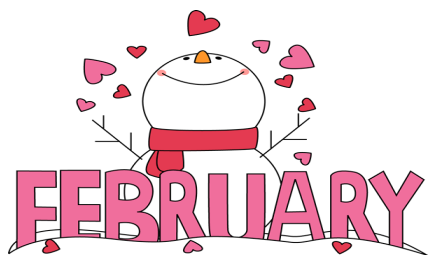
Mon

Tue

Wed

Thu

Fri



TO SIGN UP FOR CLASSES GO TO:

<https://register.communitypass.net/marlboro>
www.marlboro-nj.gov/signup

If you're not online, come to the Senior Office

SENIOR OFFICE EMAILS:

Denise: dbarry@marlboro-nj.gov
Linda: ldugan@marlboro-nj.gov
Rosemary: rpascale@marlboro-nj.gov

OFFICE #: 732.617.0367

TRANSPORTATION #: 732.617.0366

1

7:50am Early Bird Strength Training
9am Strength Training/Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Ballroom Dancing
12pm Dabbling in the Arts @ MSC
12:30pm Bridge

2

9am Country Line Dancing
9am Pickle Ball III
10am Intermediate Canasta
11am Shopping @ Walmart/Sam's
11:30am Yoga II

5

9am Yoga I
10am Beginner Canasta
10:15am Total Body Workout
11:30am Cardio Wellness
12:30pm Mahjong
1pm Knitting
1pm Pickle Ball I

6

7:50am Early Bird Strength Training
9am Strength Training
Adv Strength Training
10am **AARP DEFENSIVE DRIVING CLASS**
10:15am Intermediate Cardio/Adv Cardio
10:30am *Senior Advisory Committee Meeting*
11:30am Gentle Fitness
1pm Pickle Ball IV

7

9am What Is Your Opinion?
9:30am Crochet Class
10am **AARP DEFENSIVE DRIVING CL.**
10:15am Serenity Tai Chi
11am Ping Pong
11:30am Zumba Gold
NO CREATE A MASTERPIECE
1pm Pickle Ball II

8

7:50am Early Bird Strength Training
9am Strength Training
Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Ballroom Dancing
12pm Dabbling in the Arts @ MSC
12:30pm Bridge

9

9am Country Line Dancing
9am Pickle Ball III
10am Intermediate Canasta
11am Shopping @ Wegman's/Target
11:30am Yoga II

12

9am Yoga I
10am Beginner Canasta
10:15am Total Body Workout
11:30am Cardio Wellness
12:30pm Mahjong
1pm Knitting
1pm Pickle Ball I

13

7:50am Early Bird Strength Training
9am Strength Training
Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Gentle Fitness
12:30pm **ALZHEIMER'S SUPPORT GROUP**
1pm Pickle Ball IV/ **BINGO**

14

9am Breakfast Club
9:30am Crochet Class
10:15am Serenity Tai Chi
11am Ping Pong
11:30am Zumba Gold
NO CREATE A MASTERPIECE
1pm Pickle Ball II
Ash Wednesday



15

7:50am Early Bird Strength Training
9am Strength Training
Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Ballroom Dancing
12pm Dabbling in the Arts @ MSC
12:30pm Bridge

16

9am **BLOOD PRESSURE/ BMI SCREENING**
9am Country Line Dancing
9am Pickle Ball III
10am Intermediate Canasta
11am Shopping @ Shoprite
11:30am Yoga II



19



OFFICES CLOSED/NO CLASSES

20

7:50am Early Bird Strength Training
9am Strength Training
Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Gentle Fitness
1pm Pickle Ball IV

21

9am What Is Your Opinion?
9:30am Crochet Class
10:15am Serenity Tai Chi
11am Ping Pong
11:30am Zumba Gold
NO CREATE A MASTERPIECE/PING PONG
1pm Pickle Ball II

22

7:50am Early Bird Strength Training
9am Strength Training/Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Ballroom Dancing
12pm Dabbling in the Arts @ MSC
12:30pm Bridge

23

9am Country Line Dancing
9am Pickle Ball III
10am Intermediate Canasta
11am Shopping @ Walmart/Sam's
11:30am Yoga II

26

9am Yoga I
10am Beginner Canasta
10:15am Total Body Workout
11:30am Cardio Wellness
12:30pm Mahjong
1pm Knitting
1pm Pickle Ball I

27

7:50am Early Bird Strength Training
9am Strength Training
Adv Strength Training
10:15am Intermediate Cardio
Adv Cardio
11:30am Gentle Fitness
1pm Pickle Ball IV/ **BINGO**

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9am Breakfast Club
9:30am Crochet Class
10:15am Serenity Tai Chi
11am Ping Pong
11:30am Zumba Gold
1pm Create a Masterpiece
1pm Pickle Ball II

February 14th

