
















Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>JANUARY</p>  <p>OFFICES CLOSED/NO CLASSES</p>	<p>2</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>10:30am <i>Senior Advisory Board Meeting</i></p> <p>Adv Cardio</p> <p>11:30am Gentle Fitness</p> <p>1pm Pickle Ball IV</p> 	<p>3</p> <p>9am Breakfast Club</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p> 	<p>4</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 Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Bridge</p>	<p>5</p> <p>9am Country Line Dancing</p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Shoprite</p> <p>11:30am Yoga II</p>  
<p>8</p> <p>9am Yoga I</p> <p>10am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting</p> <p>1pm Pickle Ball I</p>	<p>9</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>ALZHEIMER'S SUPPORT GROUP CANCELLED</p> <p>1pm Pickle Ball IV/ BINGO</p> 	<p>10</p> <p>9am What's Your Opinion?</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p>	<p>11</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 Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Bridge</p>	<p>12</p> <p>9am CHOLESTEROL SCREENING</p> <p>9am Country Line Dancing</p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Wegman's/Target</p> <p>11:30am Yoga II</p> 
<p>15</p>  <p>OFFICES CLOSED/NO CLASSES</p>	<p>16</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 Pickle Ball IV</p> 	<p>17</p> <p>9am Breakfast Club</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p> 	<p>18</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 Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Bridge</p>	<p>19</p> <p>9am Country Line Dancing</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>22</p> <p>9am Yoga I</p> <p>10am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting</p> <p>1pm Pickle Ball I</p>	<p>23</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 Pickle Ball IV</p> <p>1pm BINGO</p> 	<p>24</p> <p>9am What's Your Opinion?</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p>	<p>25</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 Ballroom Dancing</p> <p>12pm Dabbling in the Arts @ MSC</p> <p>12:30pm Bridge</p> <p>1pm BOOK CLUB BUZZ</p>	<p>26</p> <p>9am Country Line Dancing</p> <p>9am Pickle Ball III</p> <p>10am Intermediate Canasta</p> <p>11am Shopping @ Shoprite</p> <p>11:30am Yoga II</p>  
<p>29</p> <p>9am Yoga I</p> <p>10am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1pm Knitting/Pickle Ball I</p>	<p>30</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 Gentle Fitness</p> <p>1pm Pickle Ball IV</p>	<p>31</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11am Ping Pong</p> <p>11:30am Zumba Gold</p> <p>1pm Create a Masterpiece</p> <p>1pm Pickle Ball II</p> 	<p>SENIOR OFFICE EMAILS:</p> <p>Denise: dbarry@marlboro-nj.gov</p> <p>Linda: ldugan@malboro-nj.gov</p> <p>Rosemary: rpscale@marlboro-nj.gov</p> <p>OFFICE #732.617.0367</p> <p>TRANSPORTATION #732.617.0366</p>	
<p>TO SIGN UP FOR CLASSES GO TO:</p> <p>https://register.communitypass.net/marlboro</p> <p>OR</p> <p>www.marlboro-nj.gov/signup</p>				