

NAME _____

PHONE _____



April 2023



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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3 9:00 Hindu Temple Trip(\$7) 9:30 Pilates 10:30 Zumba 12:00 Strong Bones 1:30 Meditation 1:30 Hand & Foot - Beginners	4 10-4 Mah-jongg 10:30 Aerobics	5 9:30 Walking Club / Mall 10-4 Mah-jongg 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Medicare	6 10-4 Mah-jongg 10:00 Line Dancing 12:30 Strong Bones 1:45 Hand & Foot - Players	7 12:00 Poker	8
9	10 9:30 Pilates 10:30 Zumba 12:00 Strong Bones 1:30 Meditation 1:30 Hand & Foot - Beginners	11 9:30 Parx Trip (\$10) 10-4 Mah-jongg 10:30 Aerobics 12:00 Card Making Class	12 10-4 Mah-jongg 10:45 Doolan's Trip (\$68) 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Hip & Knee Talk	13 10-4 Mah-jongg 10:00 Line Dancing 12:30 Strong Bones 1:45 Hand & Foot - Players	14 12:00 Poker 1:00 - 3:00 Special Event! Game Show Afternoon! (\$15)	15 
16	17 9:30 Pilates 10:30 Zumba 12:00 Strong Bones 1:30 Meditation 1:30 Hand & Foot - Beginners	18 10-4 Mah-jongg 10:30 Aerobics 12:00 Succulent Garden Craft (\$21)	19 9:30 Walking Club / Mall 10-4 Mah-jongg 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Musician	20 10-4 Mah-jongg 10:00 Line Dancing 12:30 Strong Bones 1:45 Hand & Foot - Players	21 12:00 Poker 12:30 Bingo	22
23	24 9:30 Pilates 10:30 Zumba 12:00 Strong Bones 11:30-2:00 Blood Pressure Screenings 1:30 Meditation 1:30 Hand & Foot - Beginners	25 10-4 Mah-jongg 10:30 Aerobics 12:30 Book Club	26 10-4 Mah-jongg 11:00 Strong Bones 12:00 Poker 12:30 Speaker - Bingo & Lunch	27 10-4 Mah-jongg 10:00 Line Dancing 10:15 Paper Mill Playhouse (\$69) 12:30 Strong Bones 1:45 Hand & Foot - Players	28 12:00 Poker 12:30 Movie - The Fablemans	29
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