

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Marlboro Recreation Center 1996 Recreation Way 732.617.0367</p> <p>Heidi: hpincus@marlboro-nj.gov Rosemary: rpascale@marlboro-nj.gov</p>	<p>***STARTING NOV. 18TH, PICKLEBALL ENDS EVERY DAY AT 2:30PM!***</p>			<p>9am Wake Up with Yoga-GYM (Susan) 1 10am Canasta/Bridge/Cards-MTG RM 10:15am Total Body Workout-GYM (Joann) 11:30am Get Fit While You Sit-GYM (Marla) 12:30pm Bring Your Game-MTG RM 12:45pm Mixed Pickleball-GYM 1pm LECTURE: Q & A ROUNDTABLE SPONSORED BY: NJ SPORTS & SPINE WELLNESS</p>
<p>4</p> <p>9am Cardio Variety-GYM (Joann) 9am Stretch & Strengthen-FH (Marla) 9am Gentle Yoga-ZOOM (Pat) 10am Acrylic Painting with Fran-A&C RM 10:15am Total Body Workout-GYM (Joann) 10:15am Intermediate Cardio-FH (Rosie) 11:30am Ballroom Dance-GYM (Skip) 11:30am Cardio Wellness-FH (Rosie) 11:30am Mahjong open play-MTG ROOM ***NO PICKLEBALL***</p>	<p>5</p>  <p>OFFICES OPEN NO CLASSES</p>	<p>6</p> <p>9am Country Line Dancing-GYM (Jo-Ann/ Tom) 9am Pilates-FIREHOUSE (Joann) 10am Knitting-A&C ROOM 10:15am Kenja-MP RM (Mark) 10:15am Inter. Cardio-GYM (Rosie) 10:15am Warrior Workout-FIREHOUSE 11am LECTURE: TALKIN' BASEBALL 11:30am Get Fit While You Sit-GYM (Rosie) 12:30pm FIND A GAME/ROTATIONAL PLAY 12:45pm Inter/Adv 2 Pickleball-GYM 1pm DISCUSSION GROUP: TRANSITIONS 1pm LECTURE: WOMEN OF THE SUPREME COURT</p>	<p>7</p> <p>9am Tai Chi-MP RM (Cheryl) 9am Stretch & Strengthen-GYM (Marla) 10am Coffee & Conversation-MTG RM 10:15am Strength Training-ZOOM (Joann) 10:15am Kick it Up!-GYM (Lisa) 11:30am Chair Yoga-ZOOM (Pat) 11:30am Balance & Stretch-GYM (Toni) 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM TRIP: FIDDLER ON THE ROOF, AXELROD THEATER</p>	<p>8</p> <p>*** WAKE UP WITH YOGA CANCELLED***</p> <p>10am Canasta/Bridge/Cards-MTG RM 10:15am Total Body Workout-GYM 11am SOCIAL EVENT: EAT CLEAN BRO 11:30am Get Fit While You Sit-GYM 12:30pm Bring Your Game- MTG RM 12:45pm Mixed Pickleball-GYM</p>
<p>11</p>  <p>OFFICES CLOSED</p>	<p>12</p> <p>9am Zumba-GYM (Toni) 10:15am Strength Training-ZOOM (Joann) 10:15am Kick it Up!-GYM (Lisa) 10am Watercolor-ZOOM (Domenica) 10:30am Senior Advisory Committee Meet. 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM (Toni) 12:45pm Beg/Inter 1 Pickleball-GYM</p>	<p>13</p> <p>9am Country Line Dancing-GYM 9am Pilates-FIREHOUSE 10am Knitting-A&C ROOM 10:15am Inter. Cardio-GYM 10:15am Kenja-MPRM 10:15am Warrior Workout-FIREHOUSE 11:30am Get Fit While You Sit-GYM 12:30pm FIND A GAME/ROTATIONAL PLAY 12:45pm Inter/Adv 2 Pickleball 1pm DISCUSSION GROUP: TRANSITION TRIP: LET THE GOOD TIMES ROLL, THE SHORE CLUB</p>	<p>14</p> <p>9am Tai Chi-MP RM 9am Stretch & Strengthen-GYM 10am Coffee & Conversation-MTG RM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 11:30am Chair Yoga-ZOOM 11:30am VETERAN'S MONTHLY MEET UP GROUP 11:30am Balance & Stretch-GYM 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm LECTURE: LONGEVITY & HEALTHY LIVING</p>	<p>15</p> <p>9am Wake Up with Yoga-GYM 10am Canasta/Bridge/Cards-MTG RM 10:15am Total Body Workout-GYM 11:30am Get Fit While You Sit-GYM 12:30pm Bring Your Game- MTG RM 12:45pm Mixed Pickleball-GYM 1pm BIRTHDAY CELEBRATION FOR OCTOBER, NOVEMBER & DECEMBER BIRTHDAYS – ALL WELCOME</p>
<p>18</p> <p>9am Cardio Variety-GYM 9am Stretch & Strengthen-FIREHOUSE 9am Gentle Yoga-ZOOM 10am Acrylic Painting with Fran-A&C RM 10:15am Total Body Workout-GYM 10:15am Intermediate Cardio-FIREHOUSE 11:30am Ballroom Dance-GYM 11:30am Cardio Wellness-FIREHOUSE 11:30am Mahjong open play-MTG ROOM 12:45pm Inter/Adv 2 Pickleball</p>	<p>19</p> <p>9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 10am Watercolor-ZOOM 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM 11:30am PAINT & SIP SOMETHING 12:45pm Beg/Inter 1 Pickleball-GYM</p>	<p>20</p> <p>9am Country Line Dancing-GYM 9am Pilates-FIREHOUSE 10am Knitting-A&C ROOM 10:15am Inter. Cardio-GYM 10:15am Kenja-MP RM 10:15am Warrior Workout-FIREHOUSE 11:30am Get Fit While You Sit-GYM 12:30pm FIND A GAME/ROTATIONAL PLAY 12:45pm Inter/Adv 2 Pickleball-GYM 1pm DISCUSSION GROUP: TRANSITIONS</p>	<p>21</p> <p>9am Tai Chi-MP RM 9am Stretch & Strengthen-GYM 10am Coffee & Conversation-MTG RM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance & Stretch-GYM 11:30am Ping Pong/Pool-MP3 RM 12:45pm Beg/Inter 1 Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm OLD TIME BASEBALL LECTURE</p>	<p>22</p> <p>"TURKEY JAM" THANKSGIVING FEAST 11:30am-2:30pm</p>  <p>NO CLASSES</p>
<p>25</p> <p>9am Cardio Variety-GYM 9am Stretch & Strengthen-FIREHOUSE 9am Gentle Yoga-ZOOM 10am Acrylic Painting with Fran-A&C RM 10:15am Total Body Workout-GYM 11:30am Ballroom Dance-GYM 11:30am Cardio Wellness-FIREHOUSE 11:30am Mahjong & Football Fanatics with Ron 12:45pm Inter/Adv 2 Pickleball-GYM,</p>	<p>26</p> <p>9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Kick it Up!-GYM 10am Watercolor-ZOOM 11am News & Your Views-MTG ROOM 11:30am Hanging with Heidi-A&C RM 11:30am Balance & Stretch-GYM 12:30pm BAGELS & BINGO 12:45pm Beg/Inter 1 Pickleball-GYM</p>	<p>27</p> <p>9am Country Line Dancing-GYM 9am Pilates-FIREHOUSE 10am Knitting-A&C ROOM 10:15am Inter Cardio-GYM 10:15am Kenja-MP RM 10:15am Warrior Workout-FIREHOUSE 11:30am Get Fit While You Sit-GYM 12:30pm FIND A GAME/ROTATIONAL PLAY 12:45pm Inter/Adv 2 Pickleball-GYM 1pm DISCUSSION GROUP: TRANSITIONS</p>	<p>28</p>  <p>OFFICES CLOSED NO CLASSES</p>	<p>29</p> <p>THANKSGIVING CONTINUES</p>  <p>OFFICES CLOSED NO CLASSES</p>

