

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>9am Zumba-GYM (Toni)</p> <p>10:15am Strength Training-ZOOM (Joann)</p> <p>10:15am Kick it Up!-GYM (Lisa)</p> <p>10am Watercolor-ZOOM (Domenica)</p> <p>11am News &amp; Your Views-MTG ROOM</p> <p>11:30am Hanging with Heidi-A&amp;C RM</p> <p>11:30am Balance &amp; Stretch-GYM (Toni)</p> <p>12:45pm Beg/Inter I Pickleball-GYM</p>	<p>2</p> <p><b>OFFICES OPEN NO CLASSES</b></p> <p><i>Rosh Hashanah begins @ sundown</i></p>	<p>3</p> <p>Happy Rosh Hashanah</p>  <p><b>OFFICES OPEN NO CLASSES</b></p>	<p>4</p> <p>9am Wake Up with Yoga-GYM (Susan)</p> <p>10am Canasta/Bridge/Cards-MTG RM</p> <p>10:15am Total Body Workout-GYM (Joann)</p> <p>11:30am Get Fit While You Sit-GYM (Marla)</p> <p>12:30pm Bring Your Game-MTG RM</p> <p>12:45pm Mixed Pickleball-GYM</p> <p>1pm LECTURE: MOVEMENT &amp; NUTRITION SPONSORED BY: NJ SPORTS &amp; SPINE WELLNESS</p>
<p>7</p> <p>9am Cardio Variety-GYM (Joann)</p> <p>9am Gentle Yoga-ZOOM (Pat)</p> <p>10am Acrylic Painting with Fran-A&amp;C RM</p> <p>10:15am Total Body Workout-GYM (Joann)</p> <p>10:15am Intermediate Cardio-FH (Rosie)</p> <p>11:30am Ballroom Dance-GYM (Skip)</p> <p>11:30am Cardio Wellness-FH (Rosie)</p> <p>11:30am Mahjong open play-MTG ROOM</p> <p>12:45pm Inter/Adv 2 Pickleball</p>	<p>8</p> <p>9am Zumba-GYM</p> <p>10:15am Strength Training-ZOOM</p> <p>10:15am Kick it Up!-GYM</p> <p>10am Watercolor-ZOOM</p> <p>10:30am Senior Advisory Comm. Meeting</p> <p>11am News &amp; Your Views-MTG ROOM</p> <p>11:30am Hanging with Heidi-A&amp;C RM</p> <p>11:30am Balance &amp; Stretch-GYM</p> <p>12:45pm Beg/Inter I Pickleball-GYM</p> <p>1pm LECTURE: STENOSIS-LUNCH &amp; LEARN SPONSORED BY: NORTHEAST SPINE &amp; SPORT</p>	<p>9</p> <p>9am Country Line Dancing-GYM (Jo-Ann/Tom)</p> <p>9am Pilates-FIREHOUSE (Joann)</p> <p>10am Knitting-A&amp;C ROOM</p> <p>10:15am Inter. Cardio-GYM (Rosie)</p> <p>10:15am Kenja-MP RM (Mark)</p> <p>10:15am Warrior Workout-FIREHOUSE</p> <p>11am LECTURE: TALKIN' BASEBALL</p> <p>11:30am Get Fit While You Sit-GYM (Rosie)</p> <p>12:30pm FIND A GAME/ROTATIONAL PLAY</p> <p>12:45pm Inter/Adv 2 Pickleball-GYM</p> <p>1pm DISCUSSION GROUP: TRANSITIONS</p> <p>TRIP: RENAULT WINERY, 10:15AM-4:30PM</p>	<p>10</p> <p>9am Tai Chi-MP RM (Cheryl)</p> <p>9am Stretch &amp; Strengthen-GYM (Marla)</p> <p>10am Coffee &amp; Conversation-MTG RM</p> <p>10:15am Strength Training-ZOOM (Joann)</p> <p>10:15am Kick it Up!-GYM (Lisa)</p> <p>11:30am Chair Yoga-ZOOM (Pat)</p> <p>11:30am VETERAN'S MONTHLY MEET UP GROUP</p> <p>11:30am Balance &amp; Stretch-GYM (Toni)</p> <p>11:30am Ping Pong/Pool-MP3 RM</p> <p>12:45pm Beg/Inter 1 Pickleball-GYM</p> <p>1pm Sketching with Frank-ZOOM</p>	<p>11</p>  <p><b>OFFICES OPEN NO CLASSES</b></p> <p><i>Yom Kippur begins @ sundown</i></p>
<p>14</p>  <p><b>OFFICES CLOSED NO CLASSES</b></p>	<p>15</p> <p>9am Zumba-GYM</p> <p>10:15am Strength Training-ZOOM</p> <p>10:15am Kick it Up!-GYM</p> <p>10am Watercolor-ZOOM</p> <p>11am News &amp; Your Views-MTG ROOM</p> <p>11:30am Hanging with Heidi-A&amp;C RM</p> <p>11:30am Balance &amp; Stretch-GYM</p> <p>12:45pm Beg/Inter I Pickleball-GYM</p> <p>1pm SPOOKY TRIVIA FUN</p>	<p>16</p> <p>9am Country Line Dancing-GYM</p> <p>9am Pilates-FIREHOUSE</p> <p>10am Knitting-A&amp;C ROOM</p> <p>10:15am Kenja-MP RM</p> <p>10:15am Inter. Cardio-GYM</p> <p>10:15am Warrior Workout-FIREHOUSE</p> <p>11:30am Get Fit While You Sit-GYM</p> <p>12:30pm FIND A GAME/ROTATIONAL PLAY</p> <p>12:45pm Inter/Adv 2 Pickleball</p> <p>1pm DISCUSSION GROUP: TRANSITIONS</p>	<p>17</p> <p>9am Tai Chi-MP RM</p> <p>9am Stretch &amp; Strengthen-GYM</p> <p>10am Coffee &amp; Conversation-MTG RM</p> <p>10:15am Strength Training-ZOOM</p> <p>10:15am Kick it Up!-GYM</p> <p>11:30am Chair Yoga-ZOOM</p> <p>11:30am Balance &amp; Stretch-GYM</p> <p>11:30am Ping Pong/Pool-MP3 RM</p> <p>12:45pm Beg/Inter 1 Pickleball-GYM</p> <p>1pm Sketching with Frank-ZOOM</p> <p>1pm OLD TIME BASEBALL LECTURE</p>	<p>18</p> <p>9am Wake Up with Yoga-GYM</p> <p>10am Canasta/Bridge/Cards-MTG RM</p> <p>10:15am Total Body Workout-GYM</p> <p>11:30am Get Fit While You Sit-GYM</p> <p>12:30pm Bring Your Game- MTG RM</p> <p>12:45pm Mixed Pickleball-GYM</p>
<p>21</p> <p>9am Cardio Variety-GYM</p> <p>9am Gentle Yoga-ZOOM</p> <p>10am Acrylic Painting with Fran-A&amp;C RM</p> <p>10:15am Total Body Workout-GYM</p> <p>10:15am Intermediate Cardio-FIREHOUSE</p> <p>11:30am Ballroom Dance-GYM</p> <p>11:30am Cardio Wellness-FIREHOUSE</p> <p>11:30am Mahjong open play-MTG ROOM</p> <p>12:45pm Inter/Adv 2 Pickleball</p>	<p>22</p> <p>9am Zumba-GYM</p> <p>10a-12p ***FLU SHOTS***</p> <p>10:15am Strength Training-ZOOM</p> <p>10:15am Kick it Up!-GYM</p> <p>10am Watercolor-ZOOM</p> <p>11am News &amp; Your Views-MTG ROOM</p> <p>11:30am Hanging with Heidi-A&amp;C RM</p> <p>11:30am Balance &amp; Stretch-GYM</p> <p>12:45pm Beg/Inter I Pickleball-GYM</p> <p>1pm LECTURE: HEALTHY EATING &amp; CHRONIC DISEASE PREVENTION-RUTGERS</p>	<p>23</p> <p>9am Country Line Dancing-GYM</p> <p>9am Pilates-FIREHOUSE</p> <p>10am Knitting-A&amp;C ROOM</p> <p>10:15am Kenja-MP RM</p> <p>10:15am Inter. Cardio-GYM</p> <p>10:15am Warrior Workout-FIREHOUSE</p> <p>11:30am Get Fit While You Sit-GYM</p> <p>12:30pm FIND A GAME/ROTATIONAL PLAY</p> <p>12:45pm Inter/Adv 2 Pickleball-GYM</p> <p>1pm DISCUSSION GROUP: TRANSITIONS</p> <p>TRIP: STREISAND TRIBUTE @ The Brownstone</p>	<p>24</p> <p>9am Tai Chi-MP RM</p> <p>9am Stretch &amp; Strengthen-GYM</p> <p>10am Coffee &amp; Conversation-MTG RM</p> <p>10:15am Strength Training-ZOOM</p> <p>10:15am Kick it Up!-GYM</p> <p>11:30am Chair Yoga-ZOOM</p> <p>11:30am Balance &amp; Stretch-GYM</p> <p>11:30am Ping Pong/Pool-MP3 RM</p> <p>12:45pm Beg/Inter 1 Pickleball-GYM</p> <p>1pm Sketching with Frank-ZOOM</p> <p>1pm LECTURE: STRESS &amp; ANXIETY-HMH</p>	<p>25</p> <p>9am Wake Up with Yoga-GYM</p> <p>10am Canasta/Bridge/Cards-MTG RM</p> <p>10:15am Total Body Workout-GYM</p> <p>11:30am Get Fit While You Sit-GYM</p> <p>12:30pm Bring Your Game-MTG RM</p> <p>12:30pm BAGELS &amp; BINGO</p> <p>12:45pm Mixed Pickleball-GYM</p>
<p>28</p> <p>9a-3p AARP DEFENSIVE DRIVING CLASS</p> <p>9am Cardio Variety-GYM</p> <p>9am Gentle Yoga-ZOOM</p> <p>10am Acrylic Painting with Fran-A&amp;C RM</p> <p>10:15am Total Body Workout-GYM</p> <p>10:15am Intermediate Cardio-FIREHOUSE</p> <p>11:30am Ballroom Dance-GYM</p> <p>11:30am Cardio Wellness-FIREHOUSE</p> <p>11:30am Mahjong &amp; Football Fanatics with Ron</p> <p>12:45pm Inter/Adv 2 Pickleball-GYM,</p>	<p>29</p> <p>9am Zumba-GYM</p> <p>10:15am Strength Training-ZOOM</p> <p>10:15am Kick it Up!-GYM</p> <p>10am Watercolor-ZOOM</p> <p>11am News &amp; Your Views-MTG ROOM</p> <p>11:30am Hanging with Heidi-A&amp;C RM</p> <p>11:30am Balance &amp; Stretch-GYM</p> <p>12:45pm Beg/Inter I Pickleball-GYM</p>	<p>30</p> <p>9am Country Line Dancing-GYM</p> <p>9am Pilates-FIREHOUSE</p> <p>10am Knitting-A&amp;C ROOM</p> <p>10:15am Kenja-MP RM</p> <p>10:15am Inter. Cardio-GYM</p> <p>10:15am Warrior Workout-FIREHOUSE</p> <p>11:30am Get Fit While You Sit-GYM</p> <p>12:30pm FIND A GAME/ROTATIONAL PLAY</p> <p>12:45pm Inter/Adv 2 Pickleball-GYM</p> <p>1pm DISCUSSION GROUP: TRANSITIONS</p> <p>1pm HEARING SCREENINGS/Q&amp;A-AUDIOLOGY IS.</p>	<p>31</p> <p><b>EAT, DRINK &amp; BE SCARY HALLOWEEN PARTY 11:30am-2:30pm</b></p>  <p><b>NO CLASSES</b></p>	<p><b>Marlboro Recreation Center 1996 Recreation Way 732.617.0367</b></p> <p>Heidi: <a href="mailto:hpincus@marlboro-nj.gov">hpincus@marlboro-nj.gov</a> Rosemary: <a href="mailto:rpascale@marlboro-nj.gov">rpascale@marlboro-nj.gov</a></p>

