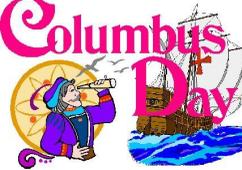


| Mon   | Tue   | Wed  | Thu   | Fri  |
|---|---|--|---|--|
| <p>3 <b>OFFICES OPEN</b><br/><b>NO CLASSES</b></p> <p>2  <i>Rosh Hashanah begins at sundown</i></p>  | <p>4 <b>OFFICES OPEN</b><br/><b>NO CLASSES</b></p>  | <p>5 <b>HEALTH FAIR</b><br/>10am-1pm</p>  <p><b>NO CLASSES</b></p>  | <p>6</p> <p>9:00am Strength Training<br/>Adv Strength Training</p> <p>10:15am Intermediate Cardio<br/>Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12:00pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p>1:00pm Balance &amp; Stretch Class</p>                 | <p>7</p> <p>9:00am <b>CHOLESTEROL SCREENING</b></p> <p>9:00am Pickle Ball III</p> <p>10:00am Intermediate Canasta</p> <p>10:30am <i>Senior Advisory Board Meeting</i></p> <p>11:00am Shopping @ Wegman's/Target</p> <p>11:30am Yoga II</p>                           |
| <p>10 <br/><b>OFFICES CLOSED</b><br/><b>NO CLASSES</b></p>   | <p>11 <b>OFFICES OPEN</b><br/><b>NO CLASSES</b></p>  <p><i>Yom Kippur begins at sundown</i></p>  | <p>12 <b>OFFICES OPEN</b><br/><b>NO CLASSES</b></p>  | <p>13</p> <p>9:00am Strength Training<br/>Adv Strength Training</p> <p>10:15am Intermediate Cardio<br/>Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12:00pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p>1:00pm Balance &amp; Stretch Class</p>                | <p>14</p> <p>9:00am Pickle Ball III</p> <p>10:00am Intermediate Canasta</p> <p>11:00am Shopping @ Shoprite</p> <p>11:30am Yoga II</p>  <p><b>ATLANTIC CITY TRIP CANCELLED</b></p> |
| <p>17</p> <p>9:00am <b>AARP DEFENSIVE DRIVING COURSE</b></p> <p>9:00am Yoga I</p> <p>10:00am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11:00am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1:00pm Knitting/Pickle Ball I</p>                                  | <p>18</p> <p>7:45am <b>EARLY BIRD STRENGTH TRAINING</b></p> <p>9:00am <b>AARP DEFENSIVE DRIVING COURSE</b></p> <p>9:00am Strength Training<br/>Adv Strength Training</p> <p>10:15am Intermediate Cardio<br/>Adv Cardio</p> <p>11:30am Gentle Fitness</p> <p>1:00pm Alzheimer's Support Group</p> <p>1:00pm <b>LECTURE: Home Health Series</b></p> | <p>19</p> <p>9:00am Breakfast Club</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11:30am Zumba Gold</p> <p>12:00pm Ping Pong/Pool</p> <p>1:00pm Create a Masterpiece</p> <p>1:00pm Pickle Ball II</p> <p>1:00pm What Is Your Opinion?</p>   | <p>20</p> <p>9:00am Strength Training<br/>Adv Strength Training</p> <p>10:15am Intermediate Cardio<br/>Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12:00pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p>1:00pm Balance &amp; Stretch Class/Book Club Buzz</p> | <p>21 <b>TRIVIA TIDBITS</b><br/>12:30pm-2:30pm</p>  <p><b>NO CLASSES/NO SHOPPING</b></p>  |
| <p>24</p> <p>9:00am Yoga I</p> <p>10:00am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11:00am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1:00pm Knitting</p> <p>1:00pm Pickle Ball I</p>   | <p>25</p> <p>7:45am <b>EARLY BIRD STRENGTH TRAINING</b></p> <p>9:00am Strength Training<br/>Adv Strength Training</p> <p>10:15am Intermediate Cardio<br/>Adv Cardio</p> <p>11:30am Gentle Fitness</p> <p>1:00pm <b>BINGO</b></p>                              | <p>26</p> <p>9:30am Crochet Class</p> <p>10:15am Serenity Tai Chi</p> <p>11:30am Zumba Gold</p> <p>12:00pm Ping Pong/Pool</p> <p>1:00pm Create a Masterpiece</p> <p>1:00pm Pickle Ball II</p> <p>1:00pm What Is Your Opinion?</p>  <p><i>TRIP: Jewish Museum, Philadelphia, 9am-4pm</i></p> | <p>27</p> <p>9:00am Strength Training<br/>Adv Strength Training</p> <p>10:15am Intermediate Cardio<br/>Adv Cardio</p> <p>11:30am Ballroom Dancing</p> <p>12:00pm Dabbling in the Arts @ MSC</p> <p>12:30pm Play Bridge</p> <p>1:00pm Balance &amp; Stretch Class</p>                | <p>28</p> <p>9:00am Pickle Ball III</p> <p>10:00am Intermediate Canasta</p> <p>11:00am Shopping @ Walmart/Sam's</p> <p>11:30am Yoga II</p>   |
| <p>31</p> <p>9:00am Yoga I</p> <p>10:00am Beginner Canasta</p> <p>10:15am Total Body Workout</p> <p>11:00am Bocce Ball</p> <p>11:30am Cardio Wellness</p> <p>12:30pm Mahjong</p> <p>1:00pm Knitting/Pickle Ball I</p>  | <p><b>*AVAILABLE*</b></p> <p><b>SIGN UP NOW FOR:</b></p> <p><b>A FESTIVE HOLIDAY CELEBRATION</b><br/>Crystal Point Yacht Club, Pt. Pleasant, NJ<br/>Friday Dec. 9, 2016 9:30am-3pm \$46</p>   | <p><b>*AVAILABLE*</b></p> <p><b>A WONDERFUL</b><br/><b>THANKSGIVING EVENT</b><br/>@ the Rec Center<br/>Friday, November 18, 2016<br/>11:30am-2:30pm \$15<br/><b>SIGN UP IN THE SENIOR OFFICE</b></p>   | <p><b>SENIOR OFFICE EMAILS:</b></p> <p><b>Denise: dbarry@marlboro-nj.gov</b><br/><b>Linda: ldugan@marlboro-nj.gov</b><br/><b>Rosemary: rpascale@marlboro-nj.gov</b></p>   | <p><b>**AVAILABLE TRIP**</b></p> <p><b>2016 CHRISTMAS SHOW</b><br/><b>WINTER WONDERLAND</b><br/>American Music Theater Lancaster, PA<br/>Wednesday, Nov. 30, 2016<br/>9am-7pm \$70-resident \$85-non resident<br/><b>SIGN UP TODAY!</b></p>                          |