





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>***REGISTRATION*** FOR THE JANUARY-JUNE 2024 SESSION IS: TUESDAY, DECEMBER 19TH 9am sharp</b></p> <p>Only online registration or via phone call to: 732.617.0367</p> <p><b>***NO IN PERSON REGISTRATION***</b></p>		<p>1</p> <p>9am Country Line Dancing-GYM (JoAnn/Tom) 9:30am Drums Alive-FIREHOUSE (Joann) 10am Knitting-A&amp;C ROOM 10:15am Beginner Pilates-FIREHOUSE(Joann)-NEW! 10:15am The Kenja Club-GYM (Mark) 11:30am VETERAN'S MEETUP-MTG RM 11:30am Cardio Wellness-GYM (Rosie) 12:45pm Inter &amp; Adv Pickleball-GYM 2:30pm Beginner Pickleball-GYM</p>	<p>2</p> <p>9am Tai Chi-GYM (Cheryl) 10am Coffee &amp; Conversation-MTG RM 10:15am Strength Training-ZOOM (Joann) 10:15am Intermediate Cardio-GYM ((Lisa) 11:30am Chair Yoga-ZOOM (Pat) 11:30am Balance &amp; Stretch-Ping Pong/Pool 12:15pm Inter &amp; Adv Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm BIRTHDAY CELEBRATION-OCT/NOV/DEC 2:30pm Beginner Pickleball-GYM</p>	<p>3</p> <p>9am Wake Up with Yoga-GYM (Susan) 10a-12p HEALTH SCREENINGS-HMH 10am Canasta-MTG ROOM 10:15am Total Body Workout-GYM (Joann) 11:30am Cardio Wellness-GYM (Rosie) 12:45pm Inter &amp; Adv Pickleball-GYM 12:30pm Bring Your Game!-MTG ROOM 2:30pm Beginner Pickleball-GYM</p>
<p>6</p> <p>9am Cardio Variety-GYM (Joann) 9am Gentle Yoga-ZOOM (Pat) 10:15am Total Body Workout-GYM (Joann) 11:30am Ballroom Dancing-GYM (Skip) 11:30am Mahjong-MTG ROOM</p> <p><b>***BEGINNER/INTER/ADV PICKLEBALL CANCELLED***</b></p>		<p>8</p> <p>9am Country Line Dancing-GYM 9:30am Drums Alive-FIREHOUSE 10am Knitting-A&amp;C ROOM 10:15am Beginner Pilates-FIREHOUSE 10:15am The Kenja Club-GYM 11:30am Cardio Wellness-GYM 12:45pm Inter &amp; Adv Pickleball-GYM 2:30pm Beginner Pickleball-GYM</p> <p>TRIP: NEIL DIAMOND TRIBUTE @ THE BROWNSTONE</p>	<p>9</p> <p>9am Tai Chi-GYM 10am Coffee &amp; Conversation-MTG RM 10:15am Strength Training-ZOOM 10:15am Intermediate Cardio-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance &amp; Stretch/Ping Pong/Pool 1230pm BAGELS &amp; BINGO 12:45pm Inter &amp; Adv Pickleball-GYM 1pm Sketching with Frank-ZOOM 2:30pm Beginner Pickleball-GYM</p>	
<p>13</p> <p>9am Cardio Variety-GYM 9am Gentle Yoga-ZOOM 10:15am Total Body Workout-GYM 11:30am Ballroom Dancing-GYM 11:30am Mahjong-MTG ROOM 12:45pm Inter &amp; Adv Pickleball-GYM 2:30pm Beginner Pickleball-GYM</p>	<p>14</p> <p>9am Zumba-GYM (Toni) 10:15am Strength Training-ZOOM (Joann) 10:15am Intermediate Cardio-GYM (Rosie) 10:30am Senior Advisory Committee Meeting 10am Watercolor-ZOOM (Domenica) 11am News &amp; Your Views-MTG ROOM 11:30am Hanging with Heidi-A&amp;C RM 12:45pm Inter &amp; Adv Pickleball-GYM 1pm LECTURE: PAIN MANAGEMENT 2:30pm Beginner Pickleball-GYM</p>	<p>15</p> <p>9am Country Line Dancing-GYM 9:30am Drums Alive-FIREHOUSE 10am Knitting-A&amp;C ROOM 10:15am Beginner Pilates-FIREHOUSE 10:15am The Kenja Club-GYM 11:30am Cardio Wellness-GYM 12:45pm Inter &amp; Adv Pickleball-GYM 1pm SOCIAL EVENT: THANKSGIVING CRAFT SPONSORED BY: THE CHELSEA MARLBORO 2:30pm Beginner Pickleball-GYM</p>	<p>16</p> <p>9am Tai Chi-GYM 10am Coffee &amp; Conversation-MTG RM 10:15am Strength Training-ZOOM 10:15am Intermediate Cardio-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance &amp; Stretch/Ping Pong/Pool 12:45pm Inter &amp; Adv Pickleball-GYM 1pm Sketching with Frank-ZOOM 1pm LECTURE: OLD TIME BASEBALL 2:30pm Beginner Pickleball-GYM</p>	<p>17</p> <p><b>LET'S GET STUFFED THANKSGIVING FEAST 11:30AM-2:30PM</b></p> <p><b>NO CLASSES</b></p>
<p>20</p> <p>9am Cardio Variety-GYM 9am Gentle Yoga-ZOOM 10:15am Total Body Workout-GYM 11:30am Ballroom Dancing-GYM 11:30am Mahjong-MTG ROOM 12pm BEREAVEMENT SUPPORT GROUP 12:45p-2:30p Beg/Inter/Adv Pickleball</p>	<p>21</p> <p>9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Intermediate Cardio-GYM 10am Watercolor-ZOOM 11am News &amp; Your Views-MTG ROOM 11:30am Hanging with Heidi-A&amp;C RM 12:45p-2:30p Beg/Inter/Adv Pickleball-GYM 1pm SOCIAL EVENT: PAINT &amp; SNACK SPONSORED BY: BEACON OF LIFE</p>	<p>22</p> <p>9am Country Line Dancing-GYM 9:30AM Drums Alive-FIREHOUSE 10am Knitting-A&amp;C ROOM 10:15am Beginner Pilates-FIREHOUSE 10:15am The Kenja Club-GYM 11:30am Cardio Wellness-GYM 12:45p-2:30p Beg/Inter/Adv Pickleball-GYM</p>		<p>24</p> <p><b>THANKSGIVING CONTINUES OFFICES CLOSED NO CLASSES</b></p>
<p>27</p> <p>9am Cardio Variety-GYM 9am Gentle Yoga-ZOOM 10:15am Total Body Workout-GYM 11:30am Ballroom Dancing-GYM 11:30am Mahjong-MTG ROOM 12:45p-2:30p Beg/Inter/Adv Pickleball-GYM</p>	<p>28</p> <p>9am Zumba-GYM 10:15am Strength Training-ZOOM 10:15am Intermediate Cardio-GYM 10am Watercolor-ZOOM 11am News &amp; Your Views-MTG ROOM 11:30am Hanging with Heidi-A&amp;C RM 12:45p-2:30p Beg/Inter/Adv Pickleball-GYM</p>	<p>29</p> <p>9am Country Line Dancing-GYM 9:30am Drums Alive-FIREHOUSE 10am Knitting-A&amp;C ROOM 10:15am Beginner Pilates-FIREHOUSE 10:15am The Kenja Club-GYM 11:30am Cardio Wellness-GYM 12:45p-2:30p Beg/Inter/Adv Pickleball-GYM</p>	<p>30</p> <p>9am Tai Chi-GYM 10am Coffee &amp; Conversation-MTG RM 10:15am Strength Training-ZOOM 10:15am Intermediate Cardio-GYM 11:30am Chair Yoga-ZOOM 11:30am Balance &amp; Stretch/Ping Pong/Pool 12:45p-2:30p Beg/Inter/Adv Pickleball-GYM 1pm Sketching with Frank-ZOOM</p>	<p><b>Marlboro Recreation Center Senior Office # 732.617.0367</b></p> <p>Heidi: <a href="mailto:hpincus@marlboro-nj.gov">hpincus@marlboro-nj.gov</a> Rosemary: <a href="mailto:rpscale@marlboro-nj.gov">rpscale@marlboro-nj.gov</a></p>

