


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2022						
		1 CHINESE NEW YEAR 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP, FL 10:30 WII BOWLING, FC 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 SETTING SMART GOAL W/JEN,CA	2 GROUND HOG DAY 9:00 YOGA, CA 9:00 ADVANCED BALANCE CLASS, 591 9:45 MEDITATION, LMR 10:00 OCEAN COUNTY MALL 10:30 POOL CLASSES 11:30 CARDIO DRUMMING, FC 1:00 CORE CRUNCH, FC 2:00 GROUND HOG RACING, CA 1:30 – 3:30 ART CLASS WITH ROSE, AC 2:30 CORE CRUNCH, 591	3 WEAR RED DAY! 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE CLASS, CA 9:30 WALKING GROUP, FL 10:30 EVERYONE WEARING RED PICTURE IN THE LOBBY 1:00 SEATED STRENGTH, CA 2:00 MOVIE MATINEE, CA 2:30 WII BOWLING, FC	4 9:00 ADVANCED BALANCE, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, FC 11:30 WII BOWLING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLYBALL, PP 6:00 SHABBAT SERVICE CHANNEL 138 JBS	5 10:00 SEATED YOGA, 591 1:30 BOOK DISCUSSION, CA 8:00 MEDITATION VIDEO, 591
6 TRANSPORTATION TO CHURCH SERVICES, SIGN UP IN THE ACTIVITY BOOK 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 11:30 CATHOLIC COMMUNION SERVICE, CA 2:00 PTR COMMUNION SERVICE, CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	7 9:00 TONE IT UP WITH JEN, CA 9 ADVANCED BALANCE CLASS 591 10:30 POOL CLASSES, PP 11:30 CARDIO DRUMMING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLEYBALL, PP 7:00 ROSARY, ACR 7:00 TOUCHTOWN 591 PRAY THE ROSARY	8 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP, FL 10:30 WII BOWLING, FC 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 LOVE YOUR HEART. . . LOVE YOUR FOOD WITH LESLIE, CA	9 9:00 YOGA, CA 9:00 ADVANCED BALANCE CLASS, 591 9:45 MEDITATION, LMR 10:00 DELICIOUS ORCHARDS 10:30 POOL CLASSES 11:30 CARDIO DRUMMING, FC 1:00 CORE CRUNCH, FC 2:30 CORE CRUNCH, 591 3:00 LADIES TEA, CA	10 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE CLASS, CA 9:30 WALKING GROUP, FL 1:00 SEATED STRENGTH, CA 2:30 WII BOWLING, FC	11 9:00 ADVANCED BALANCE, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, FC 11:30 WII BOWLING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLYBALL, PP 2:00 LET'S MAKE A DEAL BINGO, CA 6:00 SHABBAT SERVICE CHANNEL 138 JBS 7:00 WELCOME THE SABBATH, CA	12 10:00 SEATED YOGA, 591 2:00 EXPRESS CARDIO VIDEO, 591 8:00 MEDITATION VIDEO, 591
13 TRANSPORTATION TO CHURCH SERVICES, SIGN UP IN THE ACTIVITY BOOK 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 3:30 VALENTINE DAY PARTY, CA 6:30 SUPER BOWL BIG SCREEN, CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	14 VALENTINE'S DAY 9:00 TONE IT UP WITH JEN, CA 9 ADVANCED BALANCE CLASS 591 10:30 POOL CLASSES, PP 11:30 CARDIO DRUMMING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLEYBALL, PP 2:00 HEART HEALTHY WORKOUT PRESENTATION, WITH JEN, CA 7:00 ROSARY, AC 7:00 TOUCHTOWN 591 PRAY THE ROSARY	15 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP, FL 10:30 WII BOWLING, FC 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 3:00 CATHOLIC MASS, CA PASTOR FR. GUILHERME	16 9:00 STRETCH,RELAX,RENEW, CA 9:00 ADVANCED BALANCE CLASS, 591 9:45 MEDITATION, LMR 10:30 POOL CLASSES, PP 11:30 CARDIO DRUMMING, FC 1:00 CORE CRUNCH, FC 1:30 – 3:30 ART CLASS WITH ROSE, AC 2:00 MOVIE MATINEE, CA 2:30 CORE CRUNCH, 591 6:30 SINGER ENTERTAINER ANGELA ESCANILLAS, CA	17 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE CLASS, CA 9:30 WALKING GROUP, FL 1:00 SEATED STRENGTH, CA 2:30 WII BOWLING, FC	18 RANDOM ACTS OF KINDNESS 9:00 ADVANCED BALANCE, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, FC 11:30 WII BOWLING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLYBALL, PP 2:00 JACKPOT BINGO, CA 6:00 SHABBAT SERVICE CHANNEL 138 JBS 6:30 PINOCHLE, CA	19 10:00 SEATED YOGA, 591 2:30 SINGER/PIANIST GEORGE MARKEY, CA 8:00 MEDITATION VIDEO, 591
20 TRANSPORTATION TO CHURCH SERVICES, SIGN UP IN THE ACTIVITY BOOK 10:00 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 11:30 CATHOLIC COMMUNION SERVICE, CA 2:00 DVD La Boheme with John Artale, CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	21 9:00 TONE IT UP WITH JEN, CA 9 ADVANCED BALANCE CLASS 591 10:30 POOL CLASSES, PP 11:00 TERRONE JEWELERS, CA 11:30 CARDIO DRUMMING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLEYBALL, PP 3:00 LECTURE WITH MARK FARRELL 7:00 ROSARY, AC 7:00 TOUCHTOWN 591 PRAY THE ROSARY	22 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE & POSTURE CLASS, CA 9:30 WALKING GROUP, FL 10:30 WII BOWLING, FC 1:00 SEATED STRENGTH, CA 1:00 STAIN GLASS, AC 2:00 HORSERACING, CA	23 9:00 STRETCH,RELAX,RENEW, CA 9:00 ADVANCED BALANCE, 591 9:45 MEDITATION, LMR 10:30 POOL CLASSES, PP 11:30 CARDIO DRUMMING, FC 1:00 CORE CRUNCH, FC 1:30 CHICO/TALBOTS 2:30 CORE CRUNCH CHANNEL 591	24 8:00 AWAKE AND RESTORE, 591 9:00 BALANCE CLASS, CA 9:30 WALKING GROUP, FL 1:00 SEATED STRENGTH, CA 2:00 BALLOON POPPING BINGO, CA 2:30 WII BOWLING, FC 7:00 PAJAMA PARTY WITH JAN, CA	25 MEN'S BREAKFAST, DR 9:00 ADVANCED BALANCE, 591 9:00 TONE IT UP WITH JEN, CA 9:00 WII BOWLING, FC 11:30 WII BOWLING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLYBALL, PP 6:00 SHABBAT SERVICE CHANNEL 138 JBS 6:30 PINOCHLE, CA	26 10:00 SEATED YOGA, 591 8:00 MEDITATION VIDEO, 591
27 TRANSPORTATION TO CHURCH SERVICES, SIGN UP IN THE ACTIVITY BOOK 10 POSTURE CLASS, 591 11:00 HOW GREAT THOU ART FAVORITE HYMNS, 591 11:30 CATHOLIC COMMUNION SERVICE, CA 3:00 LECTURES-IN-SONG,CA 8:00 TOUCHTOWN MEDITATION VIDEO, 591	28 9:00 TONE IT UP WITH JEN, CA 9 ADVANCED BALANCE CLASS 591 10:30 POOL CLASSES, PP 11:30 CARDIO DRUMMING, FC 1:00 SIT & FIT, FC 2:00 WATER VOLLEYBALL, PP 7:00 ROSARY, AC 7:00 TOUCHTOWN 591 PRAY THE ROSARY		FRIDAY SHOPPING TRIPS: 9:30 LEISURE PARK SHOPS, CHRISTMAS TREE SHOPPING MALL & SHOP RITE SHOPPING MALL & TARGET 1:30 STOP & SHOP, WALGREENS & BANKS	TOUCHTOWN CHANNEL 591 ALL PROGRAMS ARE SUBJECT TO CHANGE. CHECK YOUR CISCO PHONE FOR DAILY UPDATES	COLOR KEY PHYSICAL SOCIAL INTELLECTUAL SPIRITUAL HEALTH SERVICES VOCATIONAL EMOTIONAL ENVIRONMENTAL	