

Point Pleasant Beehive



OCTOBER 2024

Mon-Rec Center	Tue—St. Martha's	Wed-Rec Center	Thu—St. Martha's	Fri-Rec Center
<p>Pickleball</p> <p><i>Every</i></p> <p><i>Mon. & Wed 10:00-12:00</i></p>	<p>1</p> <p>10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>2 9:30- Chair Yoga w/weights</p> <p>10:30 Tai Chi</p> <p>11:30 Lite & Flexible</p>	<p>3 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>4 9:30 - Core & More (bring thick yoga mat)</p> <p>10:30 - Lite & Fit</p> <p>11:30 Balance Class</p>
<p>7 9:00- Chair Yoga</p> <p>10:00- Balance Class</p> <p>10:30- Lite & Fit</p> <p>11:30- Sit & Be Fit (Arthritis)</p>	<p>8</p> <p>10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>9 9:30- Chair Yoga w/weights</p> <p>10:30 Tai Chi</p> <p>11:30 Lite & Flexible</p>	<p>10 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>11 9:30 - Core & More (bring thick yoga mat)</p> <p>10:30 - Lite & Fit</p> <p>11:30 Balance Class</p>
<p>14</p> <p>CLOSED</p>	<p>15</p> <p>10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>169:30- Chair Yoga w/weights</p> <p>10:30 Tai Chi</p> <p>11:30 Lite & Flexible</p>	<p>17</p> <p>CLOSED</p>	<p>18 9:30 - Core & More (bring thick yoga mat)</p> <p>10:30 - Lite & Fit</p> <p>11:30 Balance Class</p>
<p>21 9:00- Chair Yoga</p> <p>10:00- Balance Class</p> <p>10:30- Lite & Fit</p> <p>11:30- Sit & Be Fit (Arthritis)</p>	<p>22</p> <p>10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>239:30- Chair Yoga w/weights</p> <p>10:30 Tai Chi</p> <p>11:30 Lite & Flexible</p>	<p>24 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p>25 9:30 - Core & More (bring thick yoga mat)</p> <p>10:30 - Lite & Fit</p> <p>11:30 Balance Class</p>
<p>28 9:00- Chair Yoga</p> <p>10:00- Balance Class</p> <p>10:30- Lite & Fit</p> <p>11:30- Sit & Be Fit (Arthritis)</p>	<p>29</p> <p>10 am—2 pm: Cards, Mahjong and Socialization</p>	<p>30 9:30- Chair Yoga w/weights</p> <p>10:30 Tai Chi</p> <p>11:30 Lite & Flexible</p>	<p>31 10 am—2 pm: Knitting, Crocheting, Mahjong and Socialization</p>	<p><i>For more information, please call Aimee or Kathy: (732)810-5890</i></p> <p><i>Rec Center: (732)892-5813</i></p>



Funded in part by a grant from the Ocean County Board of Commissioners