Point Pleasant Beehive  November 2026

Mon-Rec Center	Tue-St. Martha's	Wed-Rec Center	Thu-St. Martha's	Fri-Rec Center
2 9:00- Chair Yoga 10:00- Move and Groove	3 CLOSED	4 9:00- Arms and Abs w/ weights) 10:00 Tai Chi ** NO CHAIR YOGA TODAY**	5 10:00am–2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	6 9:00–Core and More (Please bring a thick yoga mat) 10:00–Lite & Fit 11:00–Balance Class
9 9:00- Chair Yoga 10:00- Move and Groove	10 10:00 am-2:00pm Coffee, Cards, Games, Mahjong and Conversation	11 CLOSED	12 10:00am–2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	13 9:00–Core and More (Please bring a thick yoga mat) 10:00–Lite & Fit
16 9:00- Chair Yoga 10:00- Move and Groove	17 10:00 am-2:00pm Coffee, Cards, Games, Mahjong and Conversation	18 9:00- Arms and Abs w/ weights) 10:00 Tai Chi 11:00 Chair Yoga w/weights	19 10:00am–2:00 pm: Knitting, Crocheting, Mahjong and BYO crafting	20 9:00–Core and More (Please bring a thick yoga mat) 10:00–Lite & Fit 11:00–Balance Class
23 9:00- Chair Yoga 10:00- Move and Groove	24 10:00 am-2:00pm Coffee, Cards, Games, Mahjong and Conversation	25 9:00- Arms and Abs w/ weights) 10:00 Tai Chi 11:00 Chair Yoga w/weights	26 CLOSED	27 CLOSED
30 9:00- Chair Yoga 10:00- Move and Groove			OCEAN COUNTY SENIOR SERVICES Funded in part by a grant from the Ocean County Board of Commissioners	*For more information, please call Aimee (fitness) or Kathy (St. Martha's): 732-892-5813*