



MARINE PARK - ACTIVE ADULTS

BE ACTIVE. STAY HEALTHY!!!

Membership Cards **must** be shown on entrance

Mondays and Thursdays **10:15am - 1:30pm**

Meeting at the Salt Marsh Nature Center - 3302 Ave U

THURSDAY MAY 3RD	MONDAY MAY 7TH DOORS OPEN AT 9:30AM	THURSDAY MAY 10TH
10:30 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography Class 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga with Cathy	9:30 Spring Health Update w/ Madison Physical Therapy 10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Tai - Chi with Steve 12:30 Zumba with Gerri 1:15 Zumba with Gerri	10:30 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography Class 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga with Cathy
MONDAY MAY 14TH	THURSDAY MAY 17TH	MONDAY MAY 21ST
10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Tai - Chi with Steve 12:30 Zumba with Gerri 1:15 Zumba with Gerri	10:30 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography Class 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga with Cathy	10:30 Stretch-Band Exercise Bands Provided 11:00 Crochet Class w Connie 11:30 Tai - Chi with Steve 12:30 Zumba with Gerri 1:15 Zumba with Gerri
THURSDAY MAY 24TH	MONDAY MAY 28TH	THURSDAY MAY 31ST
10:30 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography Class 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga with Cathy		10:30 Walking Club 10:30 Advanced Exercise w/ Denise 11:00 Photography Class 11:30 Chair Aerobics w/ Denise Bring weights for both classes 12:30 Chair Yoga with Cathy

Trips on Sale

Thursday May 17th, 2012 - **Alice in Wonderland** presented by Roy Mann Junior High School Drama Club - 4:00pm-5:30pm - Bus leaves Marine Park parking lot @ 3:30pm. - FREE

Thursday May 17th - May 18th, 2012 - **Jonah and The Whale @ Lancaster, PA**

\$275 per person Double Occupancy and \$330 per person Private Room

Cost includes: Coach Transportation, Lunch at Shady Maple Smorgasbord, Shopping at Outlet, "Jonah" production @ Sight and Sound Theater, Dinner at hotel, Overnight Stay,

Showboat Casino with \$30 Slot Play Bonus, Hot Buffet breakfast at Hotel and Tip for Bus driver.

Tuesday June 5th, 2012 - Millennium Development's 10th Annual **"Concert in The Park"** In Marine Park

All Active Adults and Seniors are invited to enjoy a wonderful afternoon of music & fun - 1pm - 3pm

Wednesday June 6th, 2012 - **Aqueduct Casino** - \$30 per person includes Coach Bus,

\$10 back, and an extra \$10 if you have another casino's player card and discounted buffett.

Wednesday June 20th 2012 - River Boat Luncheon and Sightseeing Cruise in Tom's River NJ

Proprietors Tour and Wine Tasting with Light desserts at the Cream Ridge Winery

Bus Leaves Marine Park at 8:30am - Return to Marine Park Approx - 7pm

Meal Choice Selected upon Sign Up