
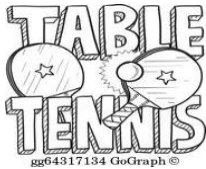
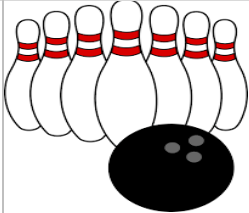

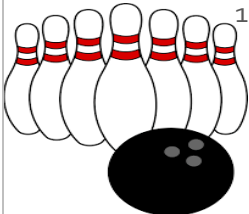


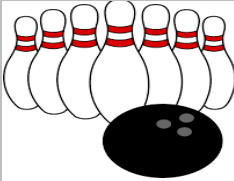

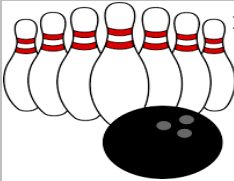
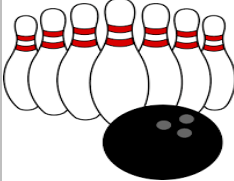


OCTOBER

2019

Athletics Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 <p>1</p> <p>Table Tennis J4 café 5-6pm</p> <p>Group Exercise 4-7pm</p>		 <p>3</p> <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm (Depart 5:00pm)</p> <p>Group Exercise 4-7pm</p>	 <p>4</p>	<p>5</p> <p>Soccer Game Oak Ridge Park Clark, NJ Time: TBD</p>
<p>6</p> <p>Unified Soccer Montclair Univ 12:00-2:00pm (Depart 11:15am)</p>	 <p>7</p> <p>Soccer Practice Cameron Field 6:00-7:00pm (Depart 5:45pm)</p> <p>Group Exercise 4-7pm</p>	<p>8</p> <p>NO GROUP EXERCISE</p>	<p>9</p> <p>NO GOLF PRACTICE</p> <p>NO GROUP EXERCISE</p>	 <p>10</p> <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm (Depart 5:00pm)</p> <p>Group Exercise 4-7pm</p>	<p>11</p>	<p>12</p> <p>Soccer Game Oak Ridge Park Clark, NJ Time: TBD</p> <p>Golf Level 1 Competition Fiddler's Elbow Country Club Bedminster, NJ Time: TBD</p>

<p>13</p> <p>Unified Soccer Montclair Univ 12:00-2:00pm (Depart 11:15am)</p>	<p>14</p>  <p>Soccer Practice Cameron Field 6:00-7:00pm (Depart 5:45pm)</p> <p>Group Exercise 4-7pm</p>	<p>15</p>  <p>Table Tennis J4 café 5-6pm</p> <p>Group Exercise 4-7pm</p>	<p>16</p> <p>Group Exercise 4-7pm</p>	<p>17</p>  <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm (Depart 5:00pm)</p> <p>Group Exercise 4-7pm</p>	<p>18</p>	<p>19</p> <p>Soccer Sectionals Oak Ridge Park Clark, NJ Time: TBD</p>
<p>20</p> <p>Soccer Sectionals Oak Ridge Park Clark, NJ Time: TBD</p>	<p>21</p>  <p>Soccer Practice Cameron Field 6:00-7:00pm (Depart 5:45pm)</p> <p>Group Exercise 4-7pm</p>	<p>22</p> <p>Group Exercise 4-7pm</p>	<p>23</p> <p>Group Exercise 4-7pm</p>	<p>24</p>  <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm (Depart 5:00pm)</p> <p>Group Exercise 4-7pm</p>	<p>25</p>	<p>26</p> <p>SOCCER FALL GAMES Mercer County Park West Windsor, NJ Time: TBD</p> <p>GOLF FALL GAMES Mountainview Course Ewing, NJ Time: TBD</p>
<p>27</p> <p>Unified Soccer Cup Mercer County Park West Windsor, NJ Time: TBD</p>	<p>28</p> <p>Group Exercise 4-7pm</p>	<p>29</p> <p>Group Exercise 4-7pm</p>	<p>30</p> <p>Group Exercise 4-7pm</p>	<p>31</p>  <p>Bowling Practice Eagle Rock Lanes 5:30-6:30pm (Depart 5:00pm)</p> <p>Group Exercise 4-7pm</p>		

Please remember to stay hydrated and wear sunscreen as the weather gets warmer!

Any questions, concerns, or comments: Contact Jerica Best, ext. 426, jbest@jespy.org or

Tabatha Richardson-Smith, ext. 304, trichardson-smith@jespy.org

Please call SONJ Hotline for any Special Olympics competition updates at: (609) 482-2288.

All Group Exercise and Personal training sessions are held at Judi House (J4) Fitness Room. Please contact Jerica if interested in joining at ext. 426.