

**AUGUST****Mon****Tue****Wed****Thu****Fri****Instructors**

Susanne Small  
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Township Website:  
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**1**  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Jazz-Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**2**  
**10:00 Freestyle Art (non-instructional)**  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge  
12:05 Ballet

**3**  
10:00 Current Events  
Discussion Group  
**11:00 Breakfast Presentation**  
Should we stay or should we go  
**BY HOME HELPER**

**4**  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Monday:**  
PILATES  
Gina Pano  
Baumann  
ZUMBA  
Shelley Capener

**Bergen County Temporary Satellite Office at the Mahwah Senior Center August 15, 16, 17 10:00—2:00**

**7**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:30 Mahjong

**8**  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Jazz-Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving  
**1:15 Blood-pressure Clinic**

**9**  
**10:00 Freestyle Art (non-instructional)**  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge  
12:05 Ballet

**10**  
10:00 Current Events  
Discussion Group  
**11:00 EXCEL Fitness for Seniors Top 10 Exercises & Stretching**

**11**  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Tuesday**  
Line Dancing  
Helene Heschle  
Jazz Infused Combo  
Donna Baccaro  
YOGA  
Margret Eddy

The Bergen County Clerk will bring its community outreach Temporary Satellite Office to the TWP Of Mahwah to process passport applications.

**14**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:30 Mahjong

**15**  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Jazz-Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving  
**10:00—2:00 Satellite**

**16**  
**10:00 Freestyle Art (non-instructional)**  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge  
12:05 Ballet  
**10:00-2:00 Satellite**

**17**  
10:00 Current Events  
Discussion Group  
**10:00—2:00 Satellite Office**

**18**  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Wednesday:**  
Chair Yoga  
Diane Davis  
Watercolor /Acrylics  
Peggy Dressel  
Aerobics / Ballet  
Donna Baccaro

Community Outreach staffers will be on hand to assist residents with applying for United States Passports, including having a picture taken.

**21**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:30 Mahjong

**22**  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Jazz-Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**23**  
**10:00 Freestyle Art (non-instructional)**  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge  
12:05 Ballet

**24**  
10:00 Current Events  
Discussion Group  
**11:00 LUNCH The Valley Hospital's first Community Health Event**

**25**  
9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Thursday**  
Current Events  
Discussion  
Phil McLewin  
Every 2nd and 4th Senior Club Meeting

Services will also include applications for Vote By Mail Ballots, Notaries and Peddler's Licenses, including photo cards (Veterans Photo Cards, Exempt Fire Fighters Cards and Senior Golden Key Cards)

**28**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:30 Mahjong

**29**  
10:00 Pinochle  
10:00 Line Dancing  
11:00 Jazz-Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**30**  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Bridge  
12:05 Ballet  
NO ART

**31**  
10:00 Current Events  
Discussion Group  
**12:00 MOVIE DAY The Shack**

**Friday:**  
Zumba  
Mary Lee Costello  
Yoga  
MaryAnn Gebhardt  
Dance Class  
Oscar Sanchez