

# November

# Mon

# Tue

# Wed

# Thu

# Fri

# Instructors

**Susanne Small**

201-529-5757 x 213

ssmall@mahwahtwp.org

**Rosalie Giudice**

201-529-5757 x 277

rgiudice@mahwahtwp.org

Township Website:

www.mahwahtwp.org

**1**

10:00 Pinochle  
10:00 Line Dancing  
11:00 Zumba  
**NO Yoga**  
12:15 Canasta  
1:00 Woodcarving

**2**

10:00 Drawing/ Acrylics  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge

**3**

10:00 Current Events  
Discussion Group

**4**

9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Knitting  
12:30 Dance Class  
1:00 Woodcarving

**Monday:**

**PILATES**

Gina Pano Baumann

**Jazzercise**

Lisa Campbell

**BodyToning**

Michele Lavitola

**Please sign up for a FREE Lunch Program and activity at the Mahwah Senior Center. No Walk Ins Reservation only**

**7**

9:30 Bridge  
10:00 Pilates  
11:00 Jazzercise  
12:30 Mahjong  
2:00 Body-toning

**8**

**Election Day**  
**NO ACTIVITIES**



**9**

10:00 Drawing/ Acrylics  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge

**10**

10:00 Current Events  
Discussion Group  
**12:00**  
**Senior Club Meeting**

**11**

**Veteran's Day**  
**Building Closed**



**Tuesday**

**Line Dancing**

Helene Heschle

**ZUMBA**

Shelley Capener

**YOGA**

Margret Eddy

**14**

9:30 Bridge  
10:00 Pilates  
11:00 Jazzercise  
12:30 Mahjong  
1:00 Memoir Writing  
2:00 Body-toning

**15**

10:00 Pinochle  
**NO Line Dancing**  
11:00 Zumba  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving  
1:15 Blood-pressure Clinic

**16**

10:00 Drawing/ Acrylics  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge

**17**

10:00 Current Events  
Discussion Group  
**12:00 FREE LUNCH**  
Sponsored by Allendale  
Community for Senior Living  
By Reservation only.  
No Walk Ins.  
**1:00 Constituent Services**

**18**

9:45 Zumba  
10:00 Pinochle  
11:00 Yoga  
12:00 Knitting  
12:30 Dance Class  
1:00 Woodcarving

**Wednesday:**

**Chair Yoga**

Diane Davis

**Watercolor /Acrylics**

Peggy Dressel

**Aerobics**

Michele Lavitola

**21**

9:30 Bridge  
10:00 Pilates  
11:00 Jazzercise  
12:30 Mahjong  
2:00 Body-toning

**22**

10:00 Pinochle  
10:00 Line Dancing  
11:00 Zumba  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**23**

10:00 Drawing/ Acrylics  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge

**24**



**25**

**Happy Thanksgiving**  
**Building Closed**



**Thursday**

**Current Events**

**Discussion**

Phil McLewin

Every 2nd and 4th  
Senior Club Meeting

**28**

9:30 Bridge  
10:00 Pilates  
11:00 Jazzercise  
12:30 Mahjong  
1:00 Memoir Writing  
2:00 Body-toning

**29**

10:00 Pinochle  
10:00 Line Dancing  
11:00 Zumba  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**30**

10:00 Drawing/ Acrylics  
10:00 Chair Yoga  
11:00 Aerobics  
12:30 Watercolor  
12:30 Bridge

Please register early for the **Holiday Luncheon**. The *last day* to sign up is **December 8**

**Friday:**

**Zumba**

Mary Lee Costello

**Yoga**

MaryAnn Gebhardt

**Dance Class**

Oscar Sanchez

