

November

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small
201-529-5757 x 213
small@mahwahtwp.org
Rosalie Giudice
201-529-5757 x 277
rgiudice@mahwahtwp.org
Township Website:
www.mahwahtwp.org



1
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

2
10:00 Current Events Discussion Group
11:00
EXCEL focusing on functional & fun exercises to move better
Please register

3
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Knitting
1:00 Woodcarving
2:00 Aerobics

Monday:
PILATES
Gina Pano
Baumann
Jazz-Aerobics and Ballet
Donna Baccaro

NOVEMBER 2 @ 11:00
EXCEL focusing on functional & fun exercises to move better
Please register

6
9:30 Bridge
10:00 Pilates
10:00 Computer workshop
Windows 10
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

7
Election Day
Building Closed
VOTE TODAY
NOVEMBER 6
★★★★

8
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

9
10:00 Current Events Discussion Group
11:00 Memoir Writing
12:00
Senior Club Meeting
BINGO
Coffee and Cake

10
VETERANS DAY
Building Closed


Tuesday
Line Dancing
Helene Heschle
Aerobics
Donna Baccaro
YOGA
Margret Eddy

November is Alfred Hitchcock Movie Month
We will be showing 3 Mystery Movies:
No reservations necessary
Bring your own lunch

13
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

14
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving
1:15 Bloodpressure Clinic

15
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

16
10:00 Current Events Discussion Group
12:00 MOVIE DAY
REAR WINDOW
Bring your own lunch
Refreshments will be served

17
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Knitting
1:00 Woodcarving
2:00 Aerobics

Wednesday:
Chair Yoga
Diane Davis
ZUMBA
Shelley Capener
Watercolor /Acrylics
Peggy Dressel
Body Toning
Michele Lavitola

Shadow Of A Doubt With Teresa Wright and James Cotten
Rear Window With James Stewart and Grace Kelly

20
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

21
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

22
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

23
Happy Thanksgiving
Building Closed


24
Happy Thanksgiving
Building Closed


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

November 6. at 10:00 am
Computer workshop
Windows 10
Limited to 20
Please sign up

27
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

28
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

29
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

30
10:00 Current Events Discussion Group
12:00 MOVIE DAY
ROPE
Bring your own lunch
Refreshments will be served

Friday:
Zumba
Mary Lee Costello
Yoga
MaryAnn Gebhardt
Aerobics
Michele Lavitola