

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mahwah Senior Center 2021 Zoom 		1 1:00 P.M. Fit for life with Silvia	2 10:00 A.M. Zumba Gold w/ Mary-Lee 11:30 Chair Yoga with Diane 2:00P.M. Arthritis, Balance with Mary Lee	3 10:00 A.M. Chair Zumba with Mary Lee 11:30 A.M. Yoga & Meditation with Mary Ann G. ** 2:00P.M. Coffee HR with Ali Grab and Go	4 10:00 A.M. FSB W/Donna 11:00 A.M. Dancercise W/Donna 12:15 P.M. Zumba Gold Seated W/Mary-Lee	5 Happy Trails Day!
6	7 11:00 A.M. Zumba Gold Toning W/ Mary Lee 2:00 P.M. Aerobics with Donna 3:30 P.M. Arthritis, Balance with Mary-Lee	8 1:00 P.M. Fit for life with Silvia Primary Election	9 10:00 A.M. Zumba Gold w/ Mary-Lee 11:30 Chair Yoga with Diane 2:00P.M. Arthritis, Balance with Mary Lee	10 10:00 A.M. Chair Zumba with Mary Lee 11:30 A.M. Yoga & Meditation with Mary Ann G. ** 2:00P.M. Coffee HR with Ali	11 10:00 A.M. FSB W/Donna 11:00 A.M. Dancercise W/Donna 12:15 P.M. Zumba Gold Seated W/Mary-Lee	12 National Red Rose Day! 
13 National Weed your Garden Day! 	14 11:00 A.M. Zumba Gold Toning W/ Mary Lee 2:00 P.M. Aerobics with Donna 3:30 P.M. Arthritis, Balance with Mary-Lee Flag Day	15 1:00 P.M. Fit for life with Silvia 2:30 P.M. Alzheimer's Support Group with Debby M.	16 10:00 A.M. Zumba Gold w/ Mary-Lee 11:30 Chair Yoga with Diane 2:00P.M. Arthritis, Balance with Mary Lee	17 10:00 A.M. Chair Zumba with Mary Lee 11:30 A.M. Yoga & Meditation with Mary Ann G. ** 2:00P.M. Coffee HR with Ali	18 10:00 A.M. FSB W/Donna 11:00 A.M. Dancercise W/Donna 12:15 P.M. Zumba Gold Seated W/Mary-Lee	19
20 First Day of Summer! 	21 11:00 A.M. Zumba Gold Toning W/ Mary Lee 2:00 P.M. Aerobics with Donna 3:30 P.M. Arthritis, Balance with Mary-Lee	22 1:00 P.M. Fit for life with Silvia	23 10:00 A.M. Zumba Gold w/ Mary-Lee 11:30 Chair Yoga with Diane 2:00P.M. Arthritis, Balance with Mary Lee	24 10:00 A.M. Chair Zumba with Mary Lee 11:30 A.M. Yoga & Meditation with Mary Ann G. ** 2:00P.M. Coffee HR with Ali	25 10:00 A.M. FSB W/Donna 11:00 A.M. Dancercise W/Donna 12:15 P.M. Zumba Gold Seated W/Mary-Lee	26 National Coconut Day!  Did you know that coconut water is more hydrating then regular water?
27 National Sunglasses 	28 11:00 A.M. Zumba Gold Toning W/ Mary Lee 2:00 P.M. Aerobics with Donna 3:30 P.M. Arthritis, Balance with Mary-Lee	29 1:00 P.M. Fit for life with Silvia	30 10:00 A.M. Zumba Gold w/ Mary-Lee 11:30 Chair Yoga with Diane 2:00P.M. Arthritis, Balance with Mary Lee	Links to all Zooms are sent via email. If you are not receiving Ali's daily emails please check junk/spam or call.	Kendall Poland Activities Coordinator kpoland@mahwahtwp.org Ali Duroy Director of Senior & Human Services aduroy@mahwahtwp.org	

Activities are Subject to change.