






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org 201-529-5757 475 Corporate Drive, Mahwah	Kendall Poland x277 Activities Coordinator kpoland@mahwahtwp.org ALL ACTIVITIES ARE SUBJECT TO CHANGE	1 11:30 A.M. Yoga & Meditation w/Mary Ann	2 10:00 A.M. Flex, Stretch & Balance w/Donna 11:00 A.M. Dancercise w/ Donna	 Please note all classes except for Tai Chi Chih are on Zoom!!!
4 Happy July 4 th ! 	5 No Activities	6 11:00 A.M. Zumba Gold Chair w/ Mary-Lee	7 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane	8 11:30 A.M. Yoga & Meditation w/Mary Ann	9 10:00 A.M. Flex, Stretch & Balance w/Donna 11:00 A.M. Dancercise w/ Donna	
11	12 11:00 A.M. Zumba Gold Toning w/ Mary Lee 12:15 P.M. Arthritis, Balance w/Mary Lee 2:00 P.M. Aerobics w/Donna	13 11:00 A.M. Zumba Gold Chair w/ Mary-Lee	14 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane Bastille Day	15 11:30 A.M. Yoga & Meditation w/Mary Ann	16 10:00 A.M. Flex, Stretch & Balance w/Donna 11:00 A.M. Dancercise w/ Donna	
18	19 11:00 A.M. Zumba Gold Toning w/ Mary Lee 12:15 P.M. Arthritis, Balance w/Mary Lee 2:00 P.M. Aerobics w/Donna	20 11:00 A.M. Zumba Gold Chair w/ Mary-Lee	21 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/ Diane	22 11:30 A.M. Yoga & Meditation w/Mary Ann	23 10:00 A.M. Flex, Stretch & Balance w/Donna 11:00 A.M. Dancercise w/ Donna	
25 Parents' Day 	26 11:00 A.M. Zumba Gold Toning w/ Mary Lee 12:15 P.M. Arthritis, Balance w/Mary Lee 2:00 P.M. Aerobics w/Donna	27 No Activities Mahwah Senior Center Picnic	28 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane	29 11:30 A.M. Yoga & Meditation w/Mary Ann	30 10:00 A.M. Flex, Stretch & Balance w/Donna 11:00 A.M. Dancercise w/ Donna	
					31 National Avocado Day 	

ALL OUTDOOR CLASSES ARE WEATHER PERMITTING AND CAN BE HELD INDOORS

