

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>SEPTEMBER</b> <b>Exercise Classes 2021</b></p>		Kendall Poland x277 Senior Center Coordinator <a href="mailto:kpoland@mahwahtwp.org">kpoland@mahwahtwp.org</a> Alicia Duroy x213 Director of Senior & Human Services <a href="mailto:aduroy@mahwahtwp.org">aduroy@mahwahtwp.org</a>	<b>1</b> <b>9:00 A.M.</b> Tai Chi Chih <b>10:00 A.M.</b> Chair Yoga w/Diane <b>2:15 P.M.</b> Pilates w/Gina	<b>2</b> <b>10:00 A.M.</b> Aerobics w/Donna <b>Z</b> <b>11:30 A.M.</b> Yoga & Meditation w/Mary Ann <b>Z</b>	<b>3</b> <b>10:00 A.M.</b> Flex, Stretch & Balance w/Donna <b>Z</b> <b>11:00 A.M.</b> Dancercise w/ Donna <b>Z</b>	<b>4</b> 475 Corporate Drive, Mahwah, NJ 07430 <b>(201) 529-5757</b> <b>Z = ALSO ON ZOOM</b> <b>ALL ACTIVITIES ARE SUBJECT TO CHANGE</b>
<b>5</b> 	<b>6</b> <b>Rosh Hashanah Begins Sundown</b> <b>Closed for Holiday</b> 	<b>7</b> <b>11:15 A.M.</b> Zumba Gold Chair w/Mary-Lee <b>Z</b>	<b>8</b> <b>9:00 A.M.</b> Tai Chi Chih <b>10:00 A.M.</b> Chair Yoga w/Diane <b>2:15 P.M.</b> Pilates w/Gina	<b>9</b> <b>10:00 A.M.</b> Aerobics w/Donna <b>Z</b> <b>11:30 A.M.</b> Yoga & Meditation w/Mary Ann <b>Z</b>	<b>10</b> <b>10:00 A.M.</b> Flex, Stretch & Balance w/Donna <b>Z</b> <b>11:00 A.M.</b> Dancercise w/ Donna <b>Z</b>	<b>11</b> 
<b>12</b> 	<b>13</b> <b>10:00 A.M.</b> Zumba Gold Toning w/ Mary Lee <b>Z</b> <b>11:30 A.M.</b> Arthritis, Balance w/Mary Lee <b>Z</b>	<b>14</b> <b>11:15 A.M.</b> Zumba Gold Chair w/Mary-Lee <b>Z</b> <div style="background-color: #cccccc; padding: 5px; text-align: center;">Grab &amp; Go Lunch</div> <div style="background-color: #ff8c00; padding: 5px; text-align: center;">Monthly Health Screening 2:00 P.M. to 4:30 P.M.</div>	<b>15</b> <b>Yom Kippur Begins Sundown</b> <b>9:00 A.M.</b> Tai Chi Chih <b>10:00 A.M.</b> Chair Yoga w/Diane <b>2:15 P.M.</b> Pilates w/Gina	<b>16</b> <b>10:00 A.M.</b> Aerobics w/Donna <b>Z</b> <b>11:30 A.M.</b> Yoga & Meditation w/Mary Ann <b>Z</b>	<b>17</b> <b>10:00 A.M.</b> Flex, Stretch & Balance w/Donna <b>Z</b> <b>11:00 A.M.</b> Dancercise w/ Donna <b>Z</b>	<b>18</b> 
<b>19</b> 	<b>20</b> <b>10:00 A.M.</b> Zumba Gold Toning w/ Mary Lee <b>Z</b> <b>11:30 A.M.</b> Arthritis, Balance w/Mary Lee <b>Z</b>	<b>21</b> <b>Peace Day</b> <b>11:15 A.M.</b> Zumba Gold Chair w/Mary-Lee <b>Z</b>  <b>End of Summer Luau!!</b> <b>1:00 p.m. - Patio</b> <div style="background-color: #ff8c00; padding: 5px; text-align: center;">Alzheimer's Support Group on Zoom 10:00 a.m.</div>	<b>22</b> <b>9:00 A.M.</b> Tai Chi Chih <b>10:00 A.M.</b> Chair Yoga w/Diane <b>2:15 P.M.</b> Pilates w/Gina <b>First Day of Autumn</b>	<b>23</b> <b>10:00 A.M.</b> Aerobics w/Donna <b>Z</b> <b>11:30 A.M.</b> Yoga & Meditation w/Mary Ann <b>Z</b>	<b>24</b> <b>10:00 A.M.</b> Flex, Stretch & Balance w/Donna <b>Z</b> <b>11:00 A.M.</b> Dancercise w/ Donna <b>Z</b> <b>Movie Afternoon</b> <b>1:00 p.m.</b>	<b>25</b>  <b>11:00 a.m. – 9:00 p.m.</b> <b>Commodore Perry Fields</b> <b>We will have a senior center booth!</b>
<b>26</b> 	<b>27</b> <b>10:00 A.M.</b> Zumba Gold Toning w/ Mary Lee <b>Z</b> <b>11:30 A.M.</b> Arthritis, Balance w/Mary Lee <b>Z</b>	<b>28</b> <b>11:15 A.M.</b> Zumba Gold Chair w/Mary-Lee <b>Z</b>	<b>29</b> <b>9:00 A.M.</b> Tai Chi Chih <b>10:00 A.M.</b> Chair Yoga w/Diane <b>2:15 P.M.</b> Pilates w/Gina	<b>30</b> <b>10:00 A.M.</b> Aerobics w/Donna <b>Z</b> <b>11:30 A.M.</b> Yoga & Meditation w/Mary Ann <b>Z</b> <b>Warwick Winery Trip</b> 		