











Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Mahwah Senior Activity Center 	Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org 201-529-5757 475 Corporate Drive, Mahwah, New Jersey	Kendall Poland x277 Activities Coordinator kpoland@mahwahtwp.org ALL ACTIVITIES ARE SUBJECT TO CHANGE. Z= Classes are ALSO on ZOOM	1 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Knitting – Outside 1:00 P.M. Dominos - Cancelled 1:30 P.M. Pool 1:30 P.M. Grand Re-Opening	
	4 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Cancelled 11:30 A.M. Arthritis, Balance w/ Luli Z 12:30 P.M. Mahjong 1:30 P.M. Pool 2:00 P.M. Aerobics w/Donna Z	5 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Luli Z 12:15 P.M. Canasta 1:30 P.M. Pool CPR CLASSES (REGISTRATION REQUIRED)	6 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	7 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:45 A.M. Yoga & Meditation w/Mary Ann Z 1:30 P.M. Pool	8 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool	
	11 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z Cancelled 11:30 A.M. Arthritis, Balance w/ Mary Lee Z Cancelled 12:30 P.M. Mahjong 1:30 P.M. Pool 2:00 P.M. Aerobics w/Donna Z	12 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary-Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool 1:30 P.M.to 3:30P.M.- Monthly Health Screening	13 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	14 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:45 A.M. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Bingo 2:00 P.M. Pool	15 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Knitting 1:00 P.M. Dominos NO POOL PLAYERS FLU SHOT BY APPOINTMENT	
	18 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool 2:00 P.M. Aerobics w/Donna Z	19 10:00 A.M. Line Dancing w/Helene 10:00 A.M. Alzheimer's Support/Educational Group 11:15 A.M. Zumba Gold Chair w/Mary-Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool	20 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane 10:00 A.M. Pinochle 10:00 A.M. Senior Advisory Meeting 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	21 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:45 A.M. Yoga & Meditation w/Mary Ann Z 1:30 P.M. Talent Show NO POOL PLAYERS	22 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool	
	25 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool 2:00 P.M. Aerobics w/Donna Z Harriet Medicare Appointment Only	26 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary-Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool	27 9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	28 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:45 A.M. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Bingo 2:00 P.M. Pool	29 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool NO POOL PLAYERS 1 P.M. HALLOWEEN PARTY	