

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>November</p>	<p>1</p> <p>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 Players 2:00 P.M. Aerobics w/Donna Z</p>	<p>2</p> <p>HOLIDAY CENTER CLOSED</p>	<p>3</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane (ZOOM is 11:30 a.m.) 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</p>	<p>4</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 11:15 A.M. Yoga & Meditation w/Mary Ann Z 1:30 P.M. Pool</p>	<p>5</p> <p>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. CLASSICAL PIANO CONCERT 1:30 P.M. Pool Cancelled</p>	
	<p>8</p> <p>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 Players 2:00 P.M. Aerobics w/Donna Z Harriet Medicare Appointment Only</p>	<p>9</p> <p>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 3:30 P.M. Monthly Health Screening</p>	<p>10</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane (ZOOM is 11:30 a.m.) 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 West Point Lunch Trip</p>	<p>11</p> <p>CLOSED Veteran's Day</p>	<p>12</p> <p>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</p>	
	<p>15</p> <p>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 Players 2:00 P.M. Aerobics w/Donna Z</p>	<p>16</p> <p>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</p>	<p>17</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane (ZOOM is 11:30 a.m.) 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</p>	<p>18</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 11:15 A.M. Yoga & Meditation w/Mary Ann Z 1:30 P.M. Pool</p>	<p>19</p> <p>10:00 A.M. Pinochle 9:30 A.M. Flex, Stretch & Balance w/Donna Z 10:30 A.M. Dancercise w/ Donna Z 12:00 P.M. Knitting - cancelled 1:00 P.M. Dominos - cancelled 1:30 P.M. Pool - cancelled MURDER MYSTERY LUNCH</p>	
	<p>22</p> <p>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 Players 2:00 P.M. Aerobics w/Donna Z Harriet Medicare Appointment Only</p>	<p>23</p> <p>10:00 A.M. Line Dancing w/Helene 10:00 A.M. Alzheimer's Support & Educational group with Debbie 11:15 A.M. Zumba Gold Chair w/Mary Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool CANCELLED 1:30 P.M. Karaoke</p>	<p>24</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Chair Yoga w/Diane (ZOOM is 11:30 a.m.) 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</p>	<p>25</p> <p>HOLIDAY CENTER CLOSED Thanksgiving</p> 	<p>26</p> <p>HOLIDAY CENTER CLOSED</p>	
	<p>29</p> <p>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 Players 2:00 P.M. Aerobics w/Donna Z</p>	<p>30</p> <p>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</p>	 <p>November 2021</p> <p>Mahwah Senior Activity</p> 		<p>Kendall Poland x277 Activities Coordinator kpoland@mahwahtwp.org Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org ALL ACTIVITIES ARE SUBJECT TO CHANGE. 201-529-5757 Z= Classes are ALSO on ZOOM</p>	

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