

Mahwah Senior Activity Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance & Fall Prevention w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Players Trip to Villa Roma Luncheon	3 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 Players	4 9:00 A.M. Tai Chi Chih 10:30 A.M. Chair Yoga w/ Bridgette Z 10:00 A.M. Pinochle 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	5 Cinco De Mayo 10:00 A.M. Pinochle 10:00 A.M. Strength Yoga w/Toni Z 10:00 A.M. Current Events 1:30 P.M. Pool Players Bergen County Satellite Office & Passport Services 10:00 a.m. – 2:00 p.m.	6 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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players	
8 Happy Mother's Day 	9 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance & Fall Prevention w/ Mary Lee Z 12:30 P.M. Mahjong 1:00 P.M. Green Spring Clean Presentation w/ Erin from HARP 2:00 P.M. Pool Players	10 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 Players Monthly Health Screening 1:30 p.m. to 3:30 p.m.	11 9:00 A.M. Tai Chi Chih 10:30 A.M. Chair Yoga w/ Bridgette Z 10:00 A.M. Pinochle 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	12 10:00 A.M. Pinochle 10:00 A.M. Strength Yoga w/Toni Z 10:00 A.M. Current Events 11:00 A.M. Alzheimer's Support Group with Debby Z 12:00 P.M. Bingo 2:00 P.M. Pool Players	13 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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players	
	16 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance & Fall Prevention w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Players	17 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 Players	18 9:00 A.M. Tai Chi Chih 10:30 A.M. Chair Yoga w/ Bridgette Z 10:00 A.M. Senior Advisory Meeting 10:00 A.M. Pinochle 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	19 10:00 A.M. Pinochle 10:00 A.M. Strength Yoga w/Toni Z 10:00 A.M. Current Events 1:30 P.M. Pool Cancelled Alzheimer's Association "The Longest Day" Presentation Event 1:00 p.m. – 2:30 p.m.	20 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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players	
	23 9:30 A.M. Bridge 9:30 A.M. Zumba Gold Toning w/Mary Lee Z 11:00 A.M. Arthritis, Balance & Fall Prevention w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Cancelled Spring Fling Afternoon Social with DJ Scott Rubin 1:00 P.M.	24 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 Players	25 9:00 A.M. Tai Chi Chih 10:30 A.M. Chair Yoga w/ Bridgette Z 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina	26 10:00 A.M. Pinochle 10:00 A.M. Strength Yoga w/Toni Z 10:00 A.M. Current Events 12:00 P.M. Bingo 2:00 P.M. Pool Players	27 Movie Afternoon – 1:00 p.m. 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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players	
	30 Center is Closed Memorial Day 	31 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 Players Grab and Go Lunch 12:30 p.m.		Kendall Angulo x277 Activities Coordinator kangulo@mahwahtwp.org Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org www.mahwahtwp.org	ALL ACTIVITIES ARE SUBJECT TO CHANGE. 201-529-5757 Z= Classes are ALSO on ZOOM	