

Monday, May 23, 2022

Are you ready to fling!?! What a great day to have a spring fling. Today is going to be lovely with a nice breeze and in the mid 70's. We will be starting our social at 1:00 p.m.

A slight change in this morning's classes. Please see the lineup of programs below for today at the center:

9:30 a.m. Bridge

9:30 a.m. Zumba Gold Toning – Change in time

11:00 a.m. Arthritis, Balance & Fall Prevention – Change of Time and Outside on patio

Mahjong – Cancelled

Pool Players – Cancelled

For our ZOOMers, below are the links to participate:

Monday – 9:30 a.m.

Mary-Lee is inviting you to a scheduled Zoom meeting.

Topic: Zumba Gold Toning - Mahwah

Join Zoom Meeting

<https://us02web.zoom.us/j/88076404426?pwd=bDZRazIHM0FBNzZzY0V5OFBLU0hidz09>

Meeting ID: 880 7640 4426

Passcode: 954256

Monday - 11:00 p.m.

Mary-Lee is inviting you to a scheduled Zoom meeting

Topic: Arthritis, Balance and Fall Prevention - Mahwah

Join Zoom Meeting

<https://us02web.zoom.us/j/84270116950?pwd=dUhUNWxIbDRMLMVU1eWJhVHZITGx5QT09>

Meeting ID: 842 7011 6950

Passcode: 769219

Super busy day. For those who signed up for the spring fling...see you later.

TTFN!

Ali