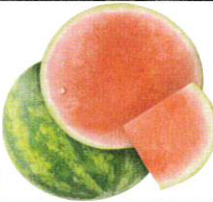
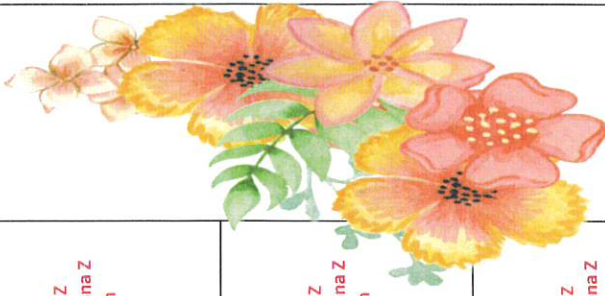
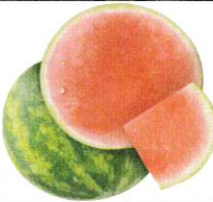


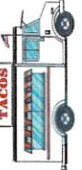




2022

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</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 & Fall Prevention w/ Mary Lee Z 12:30 A.M. Mahjong Class 1:30 P.M. Pool Players</p>	<p>2</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 Players</p>	<p>3</p> <p>9:00 A.M. Tai Chi Chih - Cancelled 9:45 A.M. Body & Soul Functional Resistance w/Luli 10:00 A.M. Pinochle 10:45 A.M. Chair Yoga w/Bridgette Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>4</p> <p>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</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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players</p>	<p>6</p> 
<p>7</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 & Fall Prevention w/ Mary Lee Z 12:30 A.M. Mahjong Class 1:30 P.M. Pool Players</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 Players Monthly Health Screening 1:30 p.m. to 3:30 p.m.</p>	<p>10</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/Luli 10:00 A.M. Pinochle 10:00 A.M. Watercolor 10:45 A.M. Chair Yoga w/ Bridgette Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>11</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:45 A.M. Strength Yoga w/Toni Z 1:30 P.M. Pool Players</p> <p>Grab & Go/Grab & Stay Breakfast</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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players</p>	<p>13</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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players</p>
<p>14</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 & Fall Prevention w/ Mary Lee Z 12:30 A.M. Mahjong Class 1:30 P.M. Pool Players</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 Players</p>	<p>17</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/Luli 10:00 A.M. Pinochle 10:00 A.M. Watercolor 10:45 A.M. Chair Yoga w/ Bridgette Z 12:00 P.M. Pool Players 12:30 P.M. Bridge - Cancelled 2:15 P.M. Pilates w/Gena</p>	<p>18</p> <p>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</p> <p>Summer Cooking Demo 11:30 a.m.</p>	<p>19</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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players</p>	<p>20</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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players</p>
<p>21</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 & Fall Prevention w/ Mary Lee Z 12:30 A.M. Mahjong Class 1:30 P.M. Pool Playing Reiki Appt. - 11:00 am - 1:00 pm</p>	<p>23</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 Players</p> <p>Trip to Hanover Manor</p>	<p>24</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/Luli 10:00 A.M. Pinochle 10:00 A.M. Watercolor 10:45 A.M. Chair Yoga w/ Bridgette Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>25</p> <p>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</p> <p>Alzheimer's Association Presents "Understanding Alzheimer's & Dementia" Tea Social 11:30 a.m.</p>	<p>26</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. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool Players</p>	<p>27</p> 
<p>28</p> <p>Mahwah Food Truck Festival</p> 	<p>29</p> <p>Movie Afternoon 9:30 A.M. Bridge 12:30 P.M. Mahjong Class 1:30 P.M. Pool Playing</p> <p>No exercise programs this morning</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 Players</p>	<p>31</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/Luli 10:00 A.M. Pinochle 10:00 A.M. Watercolor 10:45 A.M. Chair Yoga w/ Bridgette Z 12:00 P.M. Pool Players 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>Director of Senior & Human Services aduroy@mahwahwp.org 201-529-5757 ext. 213 475 Corporate Drive, Mahwah, NJ 07430</p>	<p>Kendall Poland x277 Senior Center Coordinator kpoland@mahwahwp.org</p> <p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p>	