











2022



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Kendall Poland x277 Senior Center Coordinator kpoland@mahwahtwp.org</p> <p>ALL ACTIVITIES ARE SUBJECT TO CHANGE</p>	<p>Alicia Duroy Director of Senior & Human Services aduroy@mahwahtwp.org 201-529-5757 ext. 213 475 Corporate Drive, Mahwah, NJ 07430</p>	 <p>Senior Advisory Board meeting September 21 at 10:00 a.m.</p>	<p>1 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>2 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. Pool till 1:50 pm 12:00 P.M. Knitting</p> <p>The Center will be closing at 2:00 p.m.</p>	
<p>4</p> 	<p>5</p> <p>We are closed for Labor Day</p> 	<p>6</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>7</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 10:00 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>8</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:00 A.M. Strength Yoga w/Toni Z 12:00 P.M. Bingo 1:30 P.M. Pool Players</p>	<p>9</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>11 Patriot Day</p> 	<p>12</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>13 Monthly Health Screening 1:30 p.m. to 3:30 p.m.</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>Bergen County Senior Picnic</p>	<p>14</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>15</p> <p>10:00 A.M. Pinochle 10:00 A.M. Strength Yoga w/Toni Z 10:00 A.M. Current Events</p> <p>End of Summer Bash with Scott Rubin 1:00 p.m. - 3:00 p.m.</p>	<p>16</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>18</p> 	<p>19</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</p>	<p>20</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>21 Monthly Board Meeting</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>22 Autumn Begins</p> <p>10:00 A.M. Pinochle 10:00 A.M. Strength Yoga w/Toni Z 10:00 A.M. Current Events 10:00 A.M. Alz. Support Group 11:30 A.M. Alzheimer's Assoc Educational Program "Dementia" 12:00 P.M. Bingo 1:30 P.M. Pool Players</p>	<p>23</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>24</p> 
<p>25</p>  <p>Rosh Hashanah Begins Sundown</p>	<p>26</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>27</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>Grab & Go or Grab & Stay Lunch 12:30 p.m.</p>	<p>28</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>29</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:00 A.M. Strength Yoga w/Toni Z 1:30 P.M. Pool Players</p> <p>Hands-Only CPR Hosted by HMH 12:00 p.m. - 1:00 p.m.</p>	<p>30</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>	