

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 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	2 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli Z 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 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	3 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:00 A.M. Strength Yoga With Toni Z 1:30 P.M. Pool & Ping Pong	4 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 & Crocheting 1:00 P.M. Dominos 1:30 P.M. Pool Players	
	7 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 & Ping Pong	8 Center is Closed Election Day 	9 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli Z 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 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	10 11:00 A.M. Alzheimer's Virtual Support Group with Debbie 10:00 A.M. Pinochle 10:00 A.M. Strength Yoga With Toni Z 10:00 A.M. Current Events 12:00 P.M. Bingo 2:00 P.M. Pool & Ping Pong	11 Center is Closed Veterans Day 	12 Access Transportation (201) 529-2691 Health Department (201) 529-5757 x208 or x207
	14 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 & Ping Pong	15 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary Lee Z ZOOM ONLY 12:15 P.M. Canasta (Terrace Room) 12:30 P.M. Friendsgiving Party RSVP REQUIRED 1:30 P.M. Pool Players Cancelled	16 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli Z 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 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	17 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:00 A.M. Strength Yoga With Toni Z 10:00 A.M. Alzheimer's Support & Educational Group with Debbie 1:30 P.M. Pool & Ping Pong	18 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 & Crocheting 1:00 P.M. Dominos 1:00 P.M. HARP Food Presentation 1:30 P.M. Pool Players	19 Health Dept.: Free Rabies Clinic 9:30am- 11:30am Limit 2 animals per vehicle. Need proof of prior vaccination and that you are a NJ resident. Pre-register recommended.
	21 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 & Ping Pong Harriet Medicare Appointment Only	22 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	23 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli Z 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 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	24 Center is Closed Thanksgiving 	25 Center is Closed 	
	28 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 1:00 P.M. Movie Afternoon 1:30 P.M. Pool & Ping Pong	29 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	30 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli Z 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 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	ALL ACTIVITIES ARE SUBJECT TO CHANGE. (201) 529-5757 Z= Classes are ALSO on ZOOM Mahwah Senior Activity Center	Kendall Angulo x277 Activities Coordinator kangulo@mahwahtwp.org Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org www.mahwahtwp.org	