





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli 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 & Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>2</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:30 A.M. Strength Yoga w/Toni Z 11:30 A.M. Rummikub 11:30 A.M. Loss Discussion Group 1:30 P.M. Pool Players</p>	<p>3</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 & Ping Pong 1:30 P.M. Pool Players</p>	
<p>5</p> <p>AARP TAX DROP OFF ARE APPOINTMENT ONLY Monday & Friday</p> <p>Please call Kendall to make an appointment</p>	<p>6</p> <p>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. Ping Pong 1:30 P.M. Pool Players</p>	<p>7</p> <p>10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/ML Z 12:15 P.M. Canasta 1:30 P.M. Pool Players</p>	<p>8</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli 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 & Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>9</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:30 A.M. Strength Yoga w/Toni Z 11:30 A.M. Rummikub 11:30 A.M. Loss Discussion Group 12:00 P.M. Bingo 2:00 P.M. Pool Players</p>	<p>10</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 & Ping Pong 1:15 P.M. Scam Presentation 2:00 P.M. Pool Players</p>	
	<p>13</p> <p>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. Ping Pong 1:30 P.M. Pool Players</p>	<p>14</p> <p>10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/ML Z 12:15 P.M. Canasta 1:30 P.M. Pool Players 1:30 P.M. Monthly Health Screening till 3:30 1:00 P.M. Valentine's Day Lunch Party with Scott Rubin \$7</p>	<p>15</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli 10:00 A.M. Pinochle 10:00 A.M. Senior Advisory Meeting 10:30 A.M. Watercolor w/Peggy 10:45 A.M. Chair Yoga w/Bridgette Z 12:00 P.M. Pool Players & Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>16</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:30 A.M. Strength Yoga w/Toni Z 11:30 A.M. Rummikub 11:30 A.M. Loss Discussion Group 1:30 P.M. Pool Players</p>	<p>17</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 & Ping Pong 1:30 P.M. Pool Players</p>	
	<p>20</p> <p>Center Closed Presidents Day</p>	<p>21</p> <p>10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Luli Z 12:15 P.M. Canasta 1:00 P.M. The Menu Movie (Terrace Room) 1:30 P.M. Pool Players</p>	<p>22</p> <p>9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance with Luli 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 & Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena</p>	<p>23</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 10:30 A.M. Strength Yoga w/Toni Z 11:30 A.M. Rummikub 11:30 A.M. Loss Discussion Group 11:30 A.M. Alzheimer's Education & Discussion Group with Debbie 12:00 P.M. Bingo 2:00 P.M. Pool Players</p>	<p>24</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 & Ping Pong 1:30 P.M. Pool Players Computer Help APPT ONLY</p>	
	<p>27</p> <p>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. Ping Pong 1:30 P.M. Pool Players Harriet Medicare Appt Only</p>	<p>28</p> <p>10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/ML Z 12:15 P.M. Canasta 1:30 P.M. Pool Players</p>	<p>Mahwah Senior Activity Center</p> 		<p>Kendall Angulo (201) 529-5757 x277 Activities Coordinator kangulo@mahwahtwp.org Ali Duroy (201) 529-5757 x213 Director of Senior & Human Services aduroy@mahwahtwp.org www.mahwahtwp.org</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE.</p> <p>Z= Classes are ALSO on ZOOM</p>