

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Kendall Angulo x277 Activities Coordinator <a href="mailto:kangulo@mahwahtwp.org">kangulo@mahwahtwp.org</a> Ali Duroy x213 Director of Senior & Human Services <a href="mailto:aduroy@mahwahtwp.org">aduroy@mahwahtwp.org</a> For more information go to: <a href="http://www.mahwahtwp.org">www.mahwahtwp.org</a>	<b>1</b> 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/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 and Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena	<b>2</b> 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 1:30 P.M. Pool Players	<b>3</b> 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 and Ping Pong	<b>4</b> TAX PREPARATION OPEN TO ALL NJ RESIDENTS MONDAY AND FRIDAY APPOINTMENT ONLY	
		<b>6</b> 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	<b>7</b> 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	<b>8</b> 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/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 and Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena	<b>9</b> 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:30 A.M. Strength Yoga w/Toni Z 12:00 P.M. Bingo 2:00 P.M. Pool Players	<b>10</b> Free Senior Breakfast RSVP 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna - Zoom only 11:00 A.M. Dancercise w/Donna Zoom only 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 and Ping Pong	
		<b>13</b> 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	<b>14</b> 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 Reiki Appointment Only Ask the Nurse 1:30 P.M. to 3:30 P.M.	<b>15</b> 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/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 and Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena 10:00 A.M. Senior Advisory Meeting	<b>16</b> 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 1:30 P.M. Pool Players Trip to the Brownstone for St. Patrick's Day Lunch and Social \$65PP	<b>17</b> 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 and Ping Pong St. Patrick's Day Party (FREE) RSVP	
		<b>20</b> Spring Begins 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	<b>21</b> 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/ML Z 12:15 P.M. Canasta 1:00 P.M. Movie 1:30 P.M. Pool	<b>22</b> 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/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 and Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena	<b>23</b> 10:00 A.M. Pinochle 10:00 A.M. Current Events 10:30 A.M. Strength Yoga w/Toni Z 11:30 A.M. Alzheimer's Discussion and Education Group w/ Debbie Z 12:00 P.M. Bingo 2:00 P.M. Pool Players	<b>24</b> 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 and Ping Pong	
	<b>Mahwah Senior Activity Center</b> 	<b>27</b> 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning ML Z 11:30 A.M. Arthritis, Balance ML Z 12:30 P.M. Mahjong 12:30 A.M. HARP Nutrition Presentation w/ Tara "Nutrition & Healthy Bones" 1:00 P.M. Ping Pong 1:30 P.M. Pool Players	<b>28</b> 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	<b>29</b> 9:00 A.M. Tai Chi Chih 9:45 A.M. Body & Soul Functional Resistance w/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 and Ping Pong 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gena	<b>30</b> 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 12:00 P.M. Barr Karate Self-Defense Class Demo 1:30 P.M. Pool Players	<b>31</b> 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 and Ping Pong	ALL ACTIVITIES ARE SUBJECT TO CHANGE. (201) 529-5757 Z= Classes are ALSO on ZOOM