

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>Hello May 2023</p>	<p>1</p> <p>10:00 A.M. Zumba Gold Toning w/Luli Z</p> <p>11:30 A.M. Arthritis, Balance w/Luli Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:30 P.M. Pool Players</p>	<p>2</p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/Luli Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool</p>	<p>3</p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body & Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Chair Yoga w/ Bridgette</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>12:00 P.M. Pool & Ping Pong</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p>4</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Strength Yoga w/ Toni Z</p> <p>10:00 A.M. Current Events</p> <p>11:30 A.M. Rummikub</p> <p>1:30 P.M. Pool</p>	<p>5</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch & Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/Donna Z</p> <p>12:00 P.M. Yoga & Meditation w/ Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos & Ping Pong</p> <p>1:30 P.M. Pool</p>	
	<p>8</p> <p>10:00 A.M. Zumba Gold Toning w/Mary Lee Z</p> <p>11:30 A.M. Arthritis, Balance w/Mary Lee Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:30 P.M. Pool Players</p> <p>Harriet Medicare Appt Only</p>	<p>9</p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool</p> <p>1:30 P.M.to 3:30P.M. Monthly Health Screening</p>	<p>10</p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body & Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Chair Yoga w/Bridgette</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>12:00 P.M. Pool & Ping Pong</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p>11</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Strength Yoga w/ Toni Z</p> <p>10:00 A.M. Current Events</p> <p>12:00 P.M. Bingo</p> <p>2:00 P.M. Pool & Ping Pong</p>	<p>12</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch & Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/Donna Z</p> <p>12:00 P.M. Yoga & Meditation w/ Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos & Ping Pong</p> <p>1:30 P.M. Pool</p>	
	<p>15</p> <p>10:00 A.M. Zumba Gold Toning w/Mary Lee Z</p> <p>11:30 A.M. Arthritis, Balance w/Mary Lee Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:30 P.M. Pool Players</p>	<p>16</p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool</p>	<p>17</p> <p>9:45 A.M. Body & Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Senior Advisory Meeting</p> <p>10:30 A.M. Chair Yoga w/Bridgette</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>12:00 P.M. Pool & Ping Pong</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p>18</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Strength Yoga w/ Toni Z</p> <p>10:00 A.M. Current Events</p> <p>11:30 A.M. Rummikub</p> <p>1:30 P.M. Pool</p> <p>Spring Fling Social & Lunch with David Beasley</p> <p>1:00 p.m. – 3:00 p.m.</p>	<p>19</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch & Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/Donna Z</p> <p>12:00 P.M. Yoga & Meditation w/ Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos & Ping Pong</p> <p>1:30 P.M. Pool</p>	
	<p>22</p> <p>10:00 A.M. Zumba Gold Toning w/Mary Lee Z</p> <p>11:30 A.M. Arthritis, Balance w/Mary Lee Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:30 P.M. Pool Players</p> <p>AARP Drivers Course 9am-3pm</p> <p>Please register and pay by 5/15</p>	<p>23</p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool</p> <p>1:00 P.M. Movie</p>	<p>24</p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body & Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Chair Yoga w/Bridgette</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>12:00 P.M. Pool & Ping Pong</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p>25</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Strength Yoga w/ Toni Z</p> <p>10:00 A.M. Current Events</p> <p>12:00 P.M. Bingo</p> <p>2:00 P.M. Pool & Ping Pong</p> <p>11:00 A.M. Alzheimer's Discussion Group with Debbie</p>	<p>26</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch & Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/Donna Z</p> <p>12:00 P.M. Yoga & Meditation w/ Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos & Ping Pong</p> <p>1:30 P.M. Pool</p>	
	<p>29</p> <p>Memorial Day</p> <p>We are closed</p> 	<p>30</p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool</p>	<p>31</p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body & Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Chair Yoga w/Bridgette</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>12:00 P.M. Pool & Ping Pong</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p>Mahwah Senior Activity Center</p> 	<p>Kendall Angulo x277</p> <p>Activities Coordinator</p> <p>kangulo@mahwahtwp.org</p> <p>Ali Duroy x213</p> <p>Director of Senior & Human Services</p> <p>aduroy@mahwahtwp.org</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE. (201) 529-5757</p> <p>Z= Classes are ALSO on ZOOM</p>