

September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Senior Activity Center 201-529-5757</p> <p>Nikki Van Harken x277 Senior Center Coordinator nvanharken@mahwahtwp.org</p> <p>Ali Duroy x213 Director of Senior & Human Svcs aduroy@mahwahtwp.org</p>	<p>Key:</p> <p>B: Bridgette D: Donna Y: Debby G: Gena H: Helene L: Luli M: Mary Ann</p> <p>M: Mary Lee N: Nikki O: Oscar P: Peggy T: Toni</p> <p>*: Zoom +: Signup Req. _: Special Event</p>	<p>Celebrations!</p> <p>10 Grandparent's Day 12 Bergen County Senior Festival 23 Mahwah Day!</p> <p>Please complete your survey by 9/22/23!</p> <p><small>Calendar is subject to change</small></p>		<p>1</p> <p>10:00 AM Pinochle 10:00 AM Flex, Stretch, & Balance D* 11:00 AM Dancercise D* 12:00 PM Yoga & Meditation M* 12:00 PM Knitting 1:00 PM Ballroom Dancing O* 1:00 PM Dominoes 2:00 PM Ping Pong & Pool <small>National Food Bank Day</small></p> 
<p>4</p>  <p>Labor Day</p>	<p>5</p> <p>10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 12:15 PM Canasta 12:30 PM Reiki+ 1:30 PM Ping Pong & Pool 2:30 PM Monthly Health Screening+</p>  <p>National Cheese Pizza Day</p>	<p>6</p> <p>9:00 AM Tai Chi Chih CANCELLED 9:45 AM Body & Soul Resistance L* 10:00 AM Pinochle 10:30 AM Watercolor P 10:45 AM Chair Yoga B 12:00 PM Ping Pong & Pool 12:30 PM Bridge 2:15 PM Pilates G</p>  <p>Coffee Ice Cream Day</p>	<p>7</p> <p>10:00 AM Pinochle 10:00 AM Current Events 10:30 AM Strength Yoga T* 11:30 AM Rummikub 12:30 PM <u>Bergen County Community College Institute for Learning In Retirement Info Session</u> 1:30 PM Pool</p> 	<p>8</p> <p>10:00 AM Pinochle 10:00 AM Flex, Stretch, & Balance D* 11:00 AM Dancercise D* 12:00 PM Yoga & Meditation M* 12:00 PM Knitting 1:00 PM Ballroom Dancing O* 1:00 PM Dominoes 2:00 PM Ping Pong & Pool <small>International Literacy Day</small></p> 
<p>11</p> <p>10:00 AM Zumba Gold Toning M* 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 1:00 PM Ping Pong 1:30 PM Pool 2:00 PM Let's Talk Tech N</p> <p>Patriot Day</p>	<p>12</p> <p>10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 12:15 PM Canasta 1:30 PM Pool</p>  <p>National Chocolate Milkshake Day</p>	<p>13</p> <p>9:00 AM Tai Chi Chih 9:45 AM Body & Soul Resistance L* 10:00 AM Pinochle 10:30 AM Watercolor P 10:45 AM Chair Yoga B 12:30 PM End of Summer Bash! + 2:15 PM Pilates G-CANCELLED</p> <p>International Chocolate Day</p>	<p>14</p> <p>10:00 AM Pinochle 10:00 AM Current Events 10:30 AM Strength Yoga T* 12:00 PM Bingo 2:00 PM Pool 2:15 PM HARP Seminar: Fall Prevention</p> 	<p>15</p> <p>10:00 AM Pinochle 10:00 AM Flex, Stretch, & Balance D* 11:00 AM Dancercise D* 12:00 PM Yoga & Meditation M* 12:00 PM Knitting 1:00 PM Ballroom Dancing O* 1:00 PM Dominoes 2:00 PM Ping Pong & Pool <small>Rosh Hashanah Begins</small></p> 
<p>18</p> <p>9:30 AM <u>AARP Safe Driving Course+</u> 10:00 AM Zumba Gold Toning M* 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 1:00 PM Ping Pong 1:30 PM Pool</p> <p>Happy Birthday Air Force</p>	<p>19</p> <p>10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 12:15 PM Canasta 1:00 PM Movie Matinee (1st Showing) 1:30 PM Pool</p>  <p>Talk Like a Pirate Day</p>	<p>20</p> <p>9:00 AM Tai Chi Chih 9:45 AM Body & Soul Resistance L* 10:00 AM Senior Advisory Meeting 10:00 AM Pinochle 10:30 AM Watercolor P 10:45 AM Chair Yoga B 12:00 PM Ping Pong & Pool 12:30 PM Bridge 2:15 PM Pilates G</p> 	<p>21</p> <p>10:00 AM Pinochle 10:00 AM Current Events 10:30 AM Strength Yoga T* 11:00 AM <u>Alzheimer's Support Group</u> D 11:30 AM Rummikub 1:00 PM Movie Matinee (2nd Showing) 1:30 PM Pool</p> <p>World Gratitude Day</p>  	<p>22</p> <p>10:00 AM Pinochle 10:00 AM Flex, Stretch, & Balance D* 11:00 AM Dancercise D* 12:00 PM Yoga & Meditation M* 12:00 PM Knitting 1:00 PM Ballroom Dancing O* CANCELLED 1:00 PM Dominoes 2:00 PM Ping Pong & Pool <small>Happy Autumn!</small></p> 
<p>25</p> <p>10:00 AM Zumba Gold Toning M* 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 1:00 PM Ping Pong 1:30 PM Pool 2:00 PM Let's Talk Tech N</p> <p>Yom Kippur</p>	<p>26</p> <p>10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 12:15 PM Canasta 1:30 PM Pool</p>  <p>National Pancake Day</p>	<p>27</p> <p>9:00 AM Tai Chi Chih 9:45 AM Body & Soul Resistance L* 10:00 AM Pinochle 10:30 AM Watercolor P 10:45 AM Chair Yoga B 12:00 PM Ping Pong & Pool 12:30 PM Bridge 2:15 PM Pilates G</p> 	<p>28</p> <p>10:00 AM Pinochle 10:00 AM Current Events 10:30 AM Strength Yoga T* 12:00 PM Bingo 1:00 PM Dominoes 2:00 PM Pool</p> <p>National Key Lime Pie Day</p> 	<p>29</p> <p>10:00 AM Pinochle 10:00 AM Flex, Stretch, & Balance D* 11:00 AM Dancercise D* 12:00 PM Yoga & Meditation M* 12:00 PM Knitting 1:00 PM Ballroom Dancing O* 1:00 PM Dominoes 2:00 PM Ping Pong & Pool</p> 