

Monday	Tuesday	Wednesday	Thursday	Friday
Key: B: Bridgette D: Donna G: Gena H: Helene L: Luli M: Mary Ann M: Mary Lee N: Nikki O: Oscar P: Peggy T: Toni + : Signup Req. _ : Special Event * : Zoom	Highlights: 11/7 Election Day 11/11 Veteran's Day 11/15 American Bandstand at Hanover Manor 11/17 Friendsgiving Potluck 11/23 Thanksgiving 11/27 Holiday Kickoff Decorating Social	1 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 <small>All Saints Day</small>	2 10:00 AM Current Events 10:00 AM Pinochle 10:00 AM Strength Yoga T* 11:30 AM Rummikub 12:00 PM Let's Talk Tech N 1:30 PM Pool & Shuffleboard <small>All Souls Day</small>	3 10:00 AM Flex, Stretch, & Balance D* 10:00 AM Pinochle 11:00 AM Dancercise D* 12:00 PM Knitting & Crocheting 12:00 PM Yoga & Meditation M* 1:00 PM Dominoes 2:00 PM Ping Pong & Pool
6 10:00 AM Zumba Gold Toning M* 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 12:45 PM <u>Shoprite Presents: Healthy Eating During the Holidays</u> 1:45 PM Ping Pong & Pool 4:00 PM <u>Happy Hour at The Shannon Rose</u>	7 Club is Closed <small>Election Day</small>	8 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	9 10:00 AM Current Events 10:00 AM Pinochle 10:00 AM Strength Yoga T* 12:00 PM Bingo 2:15 PM Pool & Shuffleboard <small>World Freedom Day</small>	10 Club is Closed <small>Veterans Day Observed</small>
13 10:00 AM Zumba Gold Toning M* 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 12:45 PM Ballroom Dancing O* 1:45 PM Ping Pong & Pool <small>Sadie Hawkins Day</small>	14 10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 11:30 PM Reiki w/ HARP 12:15 PM Canasta 1:30 PM Health Screening w/ HARP 1:30 PM Pool & Shuffleboard <small>National Pickle Day</small>	15 9:00 AM Tai Chi Chih 9:30 AM <u>American Bandstand at Hanover Manor+</u> 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 2:15 PM Pilates G	16 10:00 AM Current Events 10:00 AM Pinochle 10:00 AM Strength Yoga T* 11:30 AM Rummikub 12:45 PM Crafty Creations+ N 1:30 PM Pool & Shuffleboard <small>National Fast-Food Day</small>	17 12:30 PM Friendsgiving Luncheon+
20 10:00 AM Zumba Gold Toning M* 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 12:45 PM Ballroom Dancing O* 1:00 PM Let's Talk Tech N 1:45 PM Ping Pong & Pool <u>SHIP Medicare Assistance by Appt +</u> <small>Happy Birthday Monopoly</small>	21 10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 12:15 PM Canasta 1:30 PM Pool & Shuffleboard 1:30 PM <u>Mindfulness Presentation by NWRBHC</u>	22 9:00 AM Tai Chi Chih 9:45 AM Body & Soul Resistance L* 10:00 AM Pinochle 10:30 AM Watercolor 10:45 AM Chair Yoga B 12:00 PM Ping Pong & Pool 12:30 PM Bridge 2:15 PM Pilates G	23 Club is Closed <small>Thanksgiving</small>	24 Club is Closed <small>Black Friday</small>
27 10:00 AM Zumba Gold Toning M* 11:00 AM <u>Alzheimer's Support Grp.</u> 11:30 AM Arthritis, Balance M* 12:30 PM Mahjong 12:45 PM Ballroom Dancing O* 1:00 PM <u>Holiday Kickoff Decorating Social+</u> 1:45 PM Ping Pong & Pool	28 10:00 AM Line Dancing H 11:15 AM Zumba Gold Chair M* 12:15 PM Canasta 12:30 PM <u>Movie Matinee: Oppenheimer (ONE SHOWING ONLY)</u> 1:30 PM Pool & Shuffleboard <small>French Toast Day</small>	29 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	30 10:00 AM Current Events 10:00 AM Pinochle 10:00 AM Strength Yoga T* 11:30 AM Rummikub 2:15 PM Pool & Shuffleboard	Mahwah Senior Activity Center 201-529-5757 Nikki Van Harken x277 Senior Center Coordinator nvanharken@mahwahtwp.org Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org