

September

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small
201-529-5757 x 213
ssmall@mahwahtwp.org

Rosalie Giudice
201-529-5757 x 277
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Township Website:
www.mahwahtwp.org

3



BUILDING CLOSED

4

10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving

5

10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
NO Watercolor
12:30 Bridge

6

10:00 Current Events
Discussion Group
12:00 MOVIE DAY
Book Club
With Diane Keaton
Bring your own lunch
Refreshments will be served

7

10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Monday:
PILATES
Gina Pano Baumann
ZUMBA
and Arthritis Class
Mary Lee Costello
Tuesday
Line Dancing

Annual
Bergen County
Senior Citizens Picnic
Van Saun Park
Wednesday,
September 12.
10:00 am –3:00 pm
Rain Date:
Wednesday, September 19.

10

10:00 Pilates
11:00 Zumba
12:15 Arthritis
Class
12:30 Mahjong

11

10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving
1:30 Blood-
pressure Clinic

12

**Bergen County Senior
Picnic Van Saun Park**
10:00 ART GROUP
10:00 Chair Yoga
11:00FUNctionally Fit
12:00 Body toning
12:30 Watercolor
12:30 Bridge

13

8:30 Queens Trip
10:00 Current Events
Discussion Group
11:00 Memoir Writing
Group
12:00
Senior Club BINGO
Bring your own lunch
Refreshments will be served

14

10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Aerobics
Donna Baccaro
Wednesday:
Chair Yoga
Diane Davis
Yoga
Margrit Eddy
Body-toning
Michelle Bufis

September 20.
@12:00
WELCOME BACK
LUNCH
1950's Party
Video and Dancing

17

10:00 Pilates
11:00 Zumba
12:15 Arthritis
Class
12:30 Mahjong

18

10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving

19

**10:00 Senior Adv.
Board Meeting**
10:00 ART GROUP
10:00 Chair Yoga
NO YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

20

10:00 Current Events
Discussion Group
12:00
WELCOME BACK
LUNCH
1950's Party
Video and Dancing

21

10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Watercolor /Acrylics
Peggy Dressel
Thursday
Current Events
Discussion
Phil McLewin
Every 2nd and 4th
Senior Club Meeting



24

10:00 Pilates
11:00 Zumba
12:15 Arthritis
Class
12:30 Mahjong

25

10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving

26

10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

27

10:00 Current Events
Discussion Group
11:00 Memoir Writing
Group
12:00
Senior Club BINGO
Bring your own lunch
Refreshments will be served

28

10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Friday:
Yoga
MaryAnn Gebhardt
Jazz
Donna Baccaro