

# AUGUST

# Mon

# Tue

# Wed

# Thu

# Fri

# Instructors

**Susanne Small**  
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Township Website:  
[www.mahwahtwp.org](http://www.mahwahtwp.org)



**1**  
10:00 ART GROUP  
**10:00 Chair Yoga DVD**  
11:00 YOGA  
12:15 Body toning  
12:30 Watercolor  
12:30 Bridge

**2**  
10:00 Current Events  
Discussion Group

**3**  
9:45 Zumba  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Monday:**  
**PILATES**  
Gina Pano  
Baumann  
**ZUMBA**  
**and Arthritis Class**  
Mary Lee Costello

**Temporary Satellite Office is set up in Mahwah on August 7-9 @ 10:00 am for the processing of Passport Applications,**

**6**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**7**  
**10:00 Temporary Satellite Office**  
10:00 Line Dancing  
11:00 Aerobics  
12:15 Canasta  
1:00 Woodcarving

**8**  
**10:00 Temporary Satellite Office**  
10:00 ART GROUP  
10:00 Chair Yoga  
11:00 YOGA  
12:00 Body toning  
12:30 Watercolor  
**12:30 Bridge in BIG ROOM**

**9**  
**10:00 Temporary Satellite Office**  
10:00 Current Events  
Discussion Group  
11:00 Memoir Writing

**10**  
9:45 Zumba  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Tuesday**  
**Line Dancing**  
Helene Heschle  
**Aerobics**  
Donna Baccaro

**Notary Publics, Business Trade Names, and Photo Cards for Veterans, Seniors and exempt Fire Fighters**

**13**  
**9:00 Atlantic City Trip**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**14**  
10:00 Line Dancing  
11:00 Aerobics  
12:15 Canasta  
1:00 Woodcarving  
**1:30 Blood-pressure Clinic**

**15**  
10:00 ART GROUP  
10:00 Chair Yoga  
11:00 YOGA  
12:00 Body toning  
12:30 Watercolor  
12:30 Bridge

**16**  
10:00 Current Events  
Discussion Group  
10:30 Breakfast  
Brightstar Care

**17**  
9:45 Zumba  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Wednesday:**  
**Chair Yoga**  
Diane Davis  
**Yoga**  
Margrit Eddy  
**Body-toning**  
Michelle Bufis

**20**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**21**  
10:00 Line Dancing  
11:00 Aerobics  
12:15 Canasta  
1:00 Woodcarving

**22**  
10:00 ART GROUP  
10:00 Chair Yoga  
11:00 YOGA  
12:15 Body toning  
12:30 Watercolor  
12:30 Bridge

**23**  
10:00 Current Events  
Discussion Group  
11:00 Memoir Writing  
**12:00 LUNCH on Healthy Aging**  
**Dr. Kasem Ayoub,**  
**Internist of The ValleyH.**

**24**  
9:45 Zumba  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Thursday**  
**Current Events**  
**Discussion**  
Phil McLewin  
Every 2nd and 4th Senior Club Meeting



**27**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**28**  
10:00 Line Dancing  
11:00 Aerobics  
12:15 Canasta  
1:00 Woodcarving

**29**  
10:00 ART GROUP  
10:00 Chair Yoga  
11:00 YOGA  
12:00 Body toning  
12:30 Watercolor  
12:30 Bridge

**30**  
10:00 Current Events  
Discussion Group  
**12:00 Movie Day**  
**Chappaquiddick**  
**Bring your own lunch**  
Refreshments will be served

**31**  
9:45 Zumba  
11:00 Yoga  
12:00 Jazz  
12:00 Knitting  
1:00 Woodcarving

**Friday:**  
**Zumba**  
Shelley Capener  
**Yoga**  
MaryAnn Gebhardt  
**Jazz**  
Donna Baccaro