

August

Mon

Tue

Wed

Thu

Fri

Instructors



Susanne Small
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Rosalie Giudice
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Township Website:
www.mahwahtwp.org

1
10:00 Current Events
Discussion Group

2
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

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

**Satellite and Passport
Outreach Program
August 6, 7, 8
From
10:00 am -2:00 pm**
**Motor Vehicle Unit
August 7. 10-2**

5
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

6
Satellite Program
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

7
**Satellite Program &
Motor Vehicle Unit**
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge
1:00 Zumba (Luli)

8
Satellite Program
10:00 Current Events
Discussion Group
11:00 Memoir Writing
11:00—3:30
BYOBG

9
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Tuesday
Line Dancing
Helene Heschle
Aerobics
Donna Baccaro
YOGA
Margret Eddy

**August 12.
Medicare
Outreach
Program
By appointment
only
Meets in Art room**

12
**10-12 Medicare
Outreach Program**
9:30 Bridge
NO Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

13
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving
1:15 Bloodpressure Clinic

14
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge
1:00 Zumba

15
10:00 Current Events
Discussion Group

16
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Wednesday:
Chair Yoga
Diane Davis
Body-toning
Michelle Bufis
Watercolor /Acrylics
Peggy Dressel
Zumba
Shelley Capener

**August 20th
@ 10:00
Alzheimer
Support Group
meets in
Art Room**

19
9:30 Bridge
NO Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

20
10:00 Line Dancing
**10:00 Alzheimer Support
Group**
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

21
10:00 Chair Yoga
10:30 Watercolor
NO Body toning
12:30 ART GROUP
12:30 Bridge
1:00 Zumba

22
10:00 Current Events
Discussion Group
11:00 Memoir Writing
11:00—3:30
BYOBG

23
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

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



26
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

27
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

28
10:00 Chair Yoga
10:30 Watercolor
NO Body toning
12:30 ART GROUP
12:30 Bridge
1:00 Zumba

29
10:00 Current Events
Discussion Group

30
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Friday:
Jazz
Donna Baccaro
Yoga
MaryAnn Gebhardt