

JANUARY

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



1
10:00 Pinochle
NO Line Dancing
11:00 Aerobics
12:00 Ballet
12:15 Canasta
1:00 Woodcarving

2
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

3
10:00 Current Events
Discussion Group
MOVIE DAY
12:00 MAUDIE
Refreshments will be served
Bring your own lunch

4
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Jazz
12:00 Knitting
1:00 Woodcarving

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

There are no line dancing classes on January 2. and January 9.

8
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

9
10:00 Pinochle
NO Line Dancing
11:00 Aerobics
12:00 Ballet
12:15 Canasta
1:00 Woodcarving
1:15 Blood-pressure Clinic

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

11
10:00 Current Events
Discussion Group
11:00 Memoir Writing
12:00 Senior Club Meeting BINGO
Coffee and Cake

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

Tuesday
Line Dancing
Helene Heschle
Aerobics and Ballet
Donna Baccaro

New time for Body-toning: Every Wednesday at 12:00 pm



15
Martin Luther King Day
Building closed

16
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Ballet
12:15 Canasta
1:00 Woodcarving

17
10:00 Senior Advisory Board Meeting
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

18
10:00 Current Events
Discussion Group
12:00 Lecture on Arthritis Ridgewood Orthopedic Group

19
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Jazz
12:00 Knitting
1:00 Woodcarving

Wednesday:
Chair Yoga
Diane Davis
Yoga
Margrit Eddy
Bodytoning
Michelle Lavitola

We added a new Arthritis Exercise Class. Every Monday at 12:00



22
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

23
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Ballet
12:15 Canasta
1:00 Woodcarving

24
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

25
10:00 Current Events
Discussion Group
11:00 Memoir Writing
12:00 Senior Club Meeting BINGO
Coffee and Cake

26
9:45 Zumba
10:00 Pinochle
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



29
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

30
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Ballet
12:15 Canasta
1:00 Woodcarving

31
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

In the event of bad weather, our office may be closed or activities may be cancelled.

Please check the Township website: www.mahwahtwp.org for Senior Center closings.

Friday:
Zumba
Shelley Capener
Yoga
MaryAnn Gebhardt
Jazz
Donna Baccaro