

MAY

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small

201-529-5757 x 213

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Rosalie Giudice

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Township Website:

www.mahahtwp.org

1

10:00 Pinochle
10:00 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

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
sit and standing class**

Mary Lee Costello

7

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

8

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

9

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

10

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

11

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

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

15

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

16

10:00 Sr. Advisory Mtg
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

17

10:00 Current Events
Discussion Group
**12:00 BOX LUNCH
Ramapo Ridge Middle
School Select Strings
Orchestra**

18

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 Bufis

21

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

22

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

23

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

24

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

25

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



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

30

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

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10:00 Current Events
Discussion Group
**10:30 am
Dr. Alexander
Breakfast
Osteo-Arthritis
Presentation**

Friday:

Zumba

Shelley Capener

Yoga

MaryAnn Gebhardt

Jazz

Donna Baccaro