

OCTOBER

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small
201-529-5757 x 213
ssmall@mahwahtwp.org
Rosalie Giudice
201-529-5757 x 277
rgiudice@mahwahtwp.org
Township Website:
www.mahwahtwp.org

2
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

3
10:00 Pinochle
NO Line Dancing
11:00 Aerobics
12:00 Reiki Meditation
12:00 NO YOGA
12:15 Canasta
1:00 Woodcarving

4
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

5
10:00 Current Events
Discussion Group
11:00
Improving Function
for a longer
healthier life

6
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Knitting
1:00 Woodcarving
FLU CLINIC
By appointment only

Monday:
PILATES
Gina Pano
Baumann
Jazz-Aerobics
and Ballet
Donna Baccaro

Welcome back
Michele!
Michele is
teaching
Wednesdays and
Fridays at 2:00

9
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

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

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

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

13
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Knitting
1:00 Woodcarving
2:00 Aeorobics

Tuesday
Line Dancing
Helene Heschle
Aerobics
Donna Baccaro
YOGA
Margret Eddy

FLU CLINIC

By appointment only

Please contact our
Health
Department

16
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

17
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

18
10:00 Sr. Advisory Group
Mtg.
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

19
10:00 Current Events Discussion
Group
Political Awareness Lunch
Meet and greet local and county
politicians
12:00 LUNCH
Dance with our
favorite
DJ Nick Del Giudice

20
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Knitting
1:00 Woodcarving
2:00 Aerobics

Wednesday:
Chair Yoga
Diane Davis
ZUMBA
Shelley Capener
Watercolor /Acrylics
Peggy Dressel
BodyToning
Michele Lavitola

October 5@11:00
EXCEL Physical
Therapy Of Mahwah
presents:
Improving Function
for a longer
healthier life

23
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

24
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

25
10:00 ART GROUP
10:00 Chair Yoga
11:00 Zumba
12:30 Watercolor
12:30 Bridge
2:00 Body-toning

26
10:00 Current Events Dis-
cussion Group
11:00 Memoir Writing
12:00
Senior Club Meeting
BINGO
Coffee and Cake

27
9:45 Zumba
10:00 Pinochle
11:00 Yoga
12:00 Knitting
1:00 Woodcarving
2:00 Aerobics

Thursday
Current Events
Discussion
Phil McLewin

Every 2nd and 4th
Senior Club Meeting

Fall Festival and Dance
October 19. at 12:00
With DJ Nick Del Giudice
Hot Lunch
Reservations only

30
9:30 Bridge
10:00 Pilates
11:00 Jazzercise
12:00 Ballet
12:30 Mahjong

31
10:00 Pinochle
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

October 3
@ 12:00 pm
REIKI MEDITATION
With Carol Marker

October 19 @12:00
Political Awareness
Lunch
Meet and greet with
local and county
politicians and
Dance with our
favorite
DJ Nick Del Giudice

Friday:
Zumba
Mary Lee Costello
Yoga
MaryAnn Gebhardt
Aerobics
Michele Lavitola

