







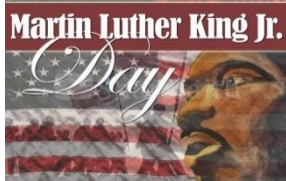






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Mahwah Senior Activity Center</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE. (201) 529-5757 Z= Classes are ALSO on ZOOM</p>	<p>Kendall Angulo x277 Activities Coordinator kangulo@mahwahtwp.org Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org</p>	<p>1 New Year's Day!</p>
	<p>2 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Players 2:00 P.M. Aerobics w/Donna Z</p>	<p>3 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool</p>	<p>4 9:00 A.M. Tai Chi Chih 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina</p>	<p>5 10:00 A.M. Pinochle 10:00 A.M. Current Events 1:30 P.M. Pool</p>	<p>6 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Yoga & Meditation MaryAnn Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool</p>	
	<p>9 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Players 2:00 P.M. Aerobics w/Donna Z</p>	<p>10 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool 1:30 P.M. to 3:30 P.M. Monthly Health Screening</p>	<p>11 9:00 A.M. Tai Chi Chih 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina Grab and Go at 12:30 pm</p>	<p>12 10:00 A.M. Alzheimer's Support & Educational group 10:00 A.M. Pinochle 10:00 A.M. Current Events 12:00 P.M. Bingo 2:00 P.M. Pool</p>	<p>13 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Yoga & Meditation MaryAnn Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool 1:00 P.M. Movie RSVP NEEDED</p>	
	<p>16  Senior Center is Closed</p>	<p>17 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool</p>	<p>18 9:00 A.M. Tai Chi Chih 10:00 A.M. Senior Advisory Meeting 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina</p>	<p>19 10:00 A.M. Pinochle 10:00 A.M. Current Events 11:00 A.M. Registered Dietitian, Nutritionist class, Snacks Included 1:30 P.M. Pool</p>	<p>20 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool</p>	
	<p>23 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Players 2:00 P.M. Aerobics w/Donna Z</p>	<p>24 10:00 A.M. Line Dancing w/Helene 11:15 A.M. Zumba Gold Chair w/Mary Lee Z 12:15 P.M. Canasta 1:30 P.M. Pool American Dream Mall Trip</p>	<p>25 9:00 A.M. Tai Chi Chih 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina</p>	<p>26 10:00 A.M. Pinochle 10:00 A.M. Current Events 12:00 P.M. Bingo 2:00 P.M. Pool</p>	<p>27 10:00 A.M. Pinochle 10:00 A.M. Flex, Stretch & Balance w/Donna Z 11:00 A.M. Dancercise w/ Donna Z 12:00 P.M. Yoga & Meditation w/Mary Ann Z 12:00 P.M. Knitting 1:00 P.M. Dominos 1:30 P.M. Pool</p>	
	<p>30 9:30 A.M. Bridge 10:00 A.M. Zumba Gold Toning w/Mary Lee Z 11:30 A.M. Arthritis, Balance w/ Mary Lee Z 12:30 P.M. Mahjong 1:30 P.M. Pool Players 2:00 P.M. Aerobics w/Donna Z</p>	