

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>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>2</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina Groundhog Day</p>	<p>3</p> <p>10:00 A.M. Pinochle 10:00 A.M. Current Events 12:00 P.M. Alzheimer's Educational Group with Debbie ZOOM ONLY 1:30 P.M. Pool</p>	<p>4 National Wear Red Day</p> <p>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>7</p> <p>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 AARP TAX RETURN APPOINTMENT ONLY</p>	<p>8</p> <p>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 3:30P.M. Monthly Health Screening</p>	<p>9</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool 12:30 P.M. Bridge 12:30 P.M. Grab and Go Lunch RSVP ONLY 2:15 P.M. Pilates w/Gina</p>	<p>10</p> <p>9:30 A.M. Sculpt Chair Yoga w/ Toni Z 10:00 A.M. Alzheimer's Support Group with Debbie ZOOM ONLY 10:00 A.M. Pinochle 10:00 A.M. Current Events 12:00 P.M. Bingo 2:00 P.M. Pool</p>	<p>11</p> <p>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>Lincoln's Birthday</p> 
	<p>14</p> <p>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 AARP TAX RETURN APPOINTMENT ONLY Happy Valentine's Day</p>	<p>15</p> <p>10:00 A.M. Line Dancing w/Helene 11:00 A.M. Dr. Evan Chait Presentation "Oh my Back is killing me" RSVP 11:15 A.M. Zumba Gold Chair w/Mary Lee ZOOM ONLY 12:15 P.M. Canasta 1:30 P.M. Pool</p>	<p>16</p> <p>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 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina</p>	<p>17</p> <p>9:30 A.M. Sculpt Chair Yoga w/ Toni Z 10:00 A.M. Pinochle 10:00 A.M. Current Events 1:30 P.M. Pool</p>	<p>18</p> <p>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 Movie Afternoon 1:00 p.m. RSVP NEEDED</p>	
	<p>Center Closed Presidents' Day</p>	<p>22</p> <p>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 Washington's Birthday</p>	<p>23</p> <p>9:00 A.M. Tai Chi Chih 10:00 A.M. Pinochle 10:30 A.M. Watercolor w/Peggy 10:30 A.M. Cooking Class with Sue, dietitian HARP 11:30 A.M. Aerobics w/Donna Z 12:00 P.M. Pool 12:30 P.M. Bridge 2:15 P.M. Pilates w/Gina</p>	<p>24</p> <p>9:30 A.M. Sculpt Chair Yoga w/ Toni Z 10:00 A.M. Pinochle 10:00 A.M. Current Events 12:00 P.M. Bingo 2:00 P.M. Pool</p>	<p>25</p> <p>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>28</p> <p>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 AARP TAX RETURN APPOINTMENT ONLY</p>		 <p>Mahwah Senior Activity Center</p>	<p>Ali Duroy x213 Director of Senior & Human Services aduroy@mahwahtwp.org Kendall Angulo x277 Activities Coordinator kangulo@mahwahtwp.org</p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE. 201-529-5757 Z= Classes are ALSO on ZOOM</p>	