













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>HAPPY NEW YEAR 2023</b></p>	<p><b>2 Center Closed</b></p> 	<p><b>3</b></p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool Players</p>	<p><b>4</b></p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body &amp; Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>10:45 A.M. Chair Yoga w/Bridgette Z</p> <p>12:00 P.M. Pool Players</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p><b>5</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Current Events</p> <p>10:30 A.M. Strength Yoga with Toni Z</p> <p>1:00 P.M. Ping Pong</p> <p>1:30 P.M. Pool Players</p>	<p><b>6</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch &amp; Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/ Donna Z</p> <p>12:00 P.M. Yoga &amp; Meditation w/Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos</p> <p>1:30 P.M. Pool Players</p> 	
<p><b>8</b></p> <p>Rita who is a licensed social worker wants to bring people together to discuss the effects of COVID and how it relates to their losses. Tea and snacks will be served. See you there!</p>	<p><b>9</b></p> <p>9:30 A.M. Bridge</p> <p>10:00 A.M. Zumba Gold Toning w/Mary-Lee Z</p> <p>11:30 A.M. Arthritis, Balance w/Mary-Lee Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:00 P.M. Loss Discussion Group</p> <p>1:30 P.M. Pool Players</p>	<p><b>10</b></p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool Players</p> <p>1:30 P.M. to 3:30 P.M. Monthly Health Screening</p>	<p><b>11</b></p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body &amp; Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>10:45 A.M. Chair Yoga w/Bridgette Z</p> <p>12:00 P.M. Pool Players</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p><b>12</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Current Events</p> <p>10:30 A.M. Strength Yoga with Toni Z</p> <p>11:00 A.M. Alzheimer's Support Group with Debbie</p> <p>ZOOM ONLY</p> <p>12:00 P.M. Bingo</p> <p>2:00 P.M. Pool Players &amp; Ping Pong</p>	<p><b>13</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch &amp; Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/ Donna Z</p> <p>12:00 P.M. Yoga &amp; Meditation w/Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos</p> <p>1:30 P.M. Pool Players</p> 	
	<p><b>16</b></p> <p>Center Closed Martin Luther King Day</p> 	<p><b>17</b></p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool Players</p>	<p><b>18</b></p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body &amp; Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Senior Advisory Meeting</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>10:45 A.M. Chair Yoga w/Bridgette Z</p> <p>12:00 P.M. Pool Players</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p><b>19</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Current Events</p> <p>10:30 A.M. Strength Yoga with Toni Z</p> <p>1:00 P.M. Ping Pong</p> <p>1:00 P.M. Movie (Terrace Room)</p> <p>1:30 P.M. Pool Players</p>	<p><b>20</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch &amp; Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/ Donna Z</p> <p>12:00 P.M. Yoga &amp; Meditation w/Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos</p> <p>1:30 P.M. Pool Players</p> 	
	<p><b>23</b></p> <p>9:30 A.M. Bridge</p> <p>10:00 A.M. Zumba Gold Toning w/Mary-Lee Z</p> <p>11:30 A.M. Arthritis, Balance w/Mary-Lee Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:00 P.M. Loss Discussion Group</p> <p>1:30 P.M. Pool Players</p>	<p><b>24</b></p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool Players</p> <p>Trip to Wind Creek Casino in Bethlehem P.A. (\$25)</p>	<p><b>25</b></p> <p>9:00 A.M. Tai Chi Chih</p> <p>9:45 A.M. Body &amp; Soul Functional Resistance with Luli</p> <p>10:00 A.M. Pinochle</p> <p>10:30 A.M. Watercolor w/Peggy</p> <p>10:45 A.M. Chair Yoga w/Bridgette Z</p> <p>12:00 P.M. Pool Players</p> <p>12:30 P.M. Bridge</p> <p>2:15 P.M. Pilates w/Gena</p>	<p><b>26</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Current Events</p> <p>10:30 A.M. Strength Yoga with Toni Z</p> <p>10:30 A.M. Alzheimer's Support and Education Group With Debbie</p> <p>In-person</p> <p>12:00 P.M. Bingo</p> <p>2:00 P.M. Pool Players &amp; Ping Pong</p>	<p><b>27</b></p> <p>10:00 A.M. Pinochle</p> <p>10:00 A.M. Flex, Stretch &amp; Balance w/Donna Z</p> <p>11:00 A.M. Dancercise w/ Donna Z</p> <p>12:00 P.M. Yoga &amp; Meditation w/Mary Ann Z</p> <p>12:00 P.M. Knitting</p> <p>1:00 P.M. Dominos</p> <p>1:30 P.M. Pool Players</p> 	
	<p><b>30</b></p> <p>9:30 A.M. Bridge</p> <p>10:00 A.M. Zumba Gold Toning w/Mary-Lee Z</p> <p>11:30 A.M. Arthritis, Balance w/Mary-Lee Z</p> <p>12:30 P.M. Mahjong</p> <p>1:00 P.M. Ping Pong</p> <p>1:00 P.M. CPR Hands-Only Class</p> <p>1:30 P.M. Pool Players</p>	<p><b>31</b></p> <p>10:00 A.M. Line Dancing w/Helene</p> <p>11:15 A.M. Zumba Gold Chair w/ML Z</p> <p>12:15 P.M. Canasta</p> <p>1:30 P.M. Pool Players</p> <p>Reiki Appointment Only</p>	<p>Kendall Angulo x277 Activities Coordinator <a href="mailto:kangulo@mahwahtwp.org">kangulo@mahwahtwp.org</a></p> <p>Ali Duroy x213 Director of Senior &amp; Human Services <a href="mailto:aduroy@mahwahtwp.org">aduroy@mahwahtwp.org</a></p>	<p>ALL ACTIVITIES ARE SUBJECT TO CHANGE. (201) 529-5757</p> <p>Z= Classes are ALSO on ZOOM</p> <p><a href="http://www.mahwahtwp.org">www.mahwahtwp.org</a></p> 