

# APRIL

# Mon

# Tue

# Wed

# Thu

# Fri

# Instructors

**Susanne Small**  
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**Rosalie Giudice**  
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Township Website:  
[www.mahwahtwp.org](http://www.mahwahtwp.org)

**1**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**2**  
9:30 Beginners Line Dance  
10:00 Line Dancing  
**10:30 REIKI HEALING**  
11:00 Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**3**  
10:00 Chair Yoga  
10:30 Watercolor  
11:15 Body toning  
12:30 ART GROUP  
12:30 Bridge  
1:00 Zumba

**4**  
10:00 Current Events  
Discussion Group  
**12:00 LIGHT LUNCH**  
**Long Term Care**  
**Presentation**  
**Please register**  
**NO WALK INS**

**5**  
9:00 FUNctionally Fit  
10:00 Jazz  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Monday:**  
**PILATES**  
Gina Pano Baumann  
**ZUMBA**  
**and Arthritis Class**  
Mary Lee Costello

**Long-term Care**  
**Presentation**  
**Thursday, April 4**  
**LUNCH @ 12:00**  
By protecting your financial assets from potential long term care expenses  
With strategies for maintaining your lifestyle after retirement.

**8**  
**10-12 Medicare**  
**Outreach Program**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**9**  
9:30 Beginners Line Dance  
10:00 Line Dancing  
11:00 Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving  
**1:15 Bloodpressure Clinic**

**10**  
**Cher Show Dep: 10 am**  
10:00 Chair Yoga  
10:30 Watercolor  
11:15 Body toning  
12:30 ART GROUP  
12:30 Bridge  
1:00 Zumba

**11**  
10:00 Current Events  
Discussion Group  
11:00 Memoir Writing  
**12:00**  
**Club Meeting**  
**Bingo**

**12**  
9:00 FUNctionally Fit  
10:00 Jazz  
11:00 Yoga  
**12:15 Pain- Management**  
**Presentation Please register**  
12:00 Knitting  
1:00 Woodcarving

**Tuesday**  
**Line Dancing**  
Helene Heschle  
**Aerobics**  
Donna Baccaro

**Pain Management Presentation**  
**April 12 @ 12:15**  
Alternatives to pain management Senior Education Workshop  
Learn about and receive information and tools on alternative approaches to pain management. We will discuss and demonstrate ways to help safely manage pain without use of medication using a kit, which each Senior will receive for **FREE!!**

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

**16**  
9:30 Beginners Line Dance  
10:00 Line Dancing  
11:00 Aerobics  
**NO Yoga**  
12:15 Canasta  
1:00 Woodcarving

**17**  
10:00 Sr. Advisory Board Mtg.  
**10-2 Assemblywoman**  
**Holly Schepisi**  
**"Office on the Road"**  
10:00 Chair Yoga  
10:30 Watercolor  
11:15 Body toning  
12:30 ART GROUP  
12:30 Bridge  
1:00 Zumba

**18**  
10:00 Current Events  
Discussion Group  
**12:00 LUNCH**  
**Bergen County**  
**Surrogate**  
**Please register**  
**NO WALK INS**

**19**  
**Good Friday**  
**Observed**  
**Passover begins**  
**at sundown**  
**Building closed**

**Wednesday:**  
**Chair Yoga**  
Diane Davis  
**Body-toning**  
Michelle Bufis  
**Watercolor /Acrylics**  
Peggy Dressel  
**Zumba**  
Shelley Capener

**Assemblywoman**  
**Holly Schepisi**  
**"Office on the Road"**  
**Wednesday, April 17,**  
**10 a.m. – 2 p.m.**  
*A representative from the Assemblywoman's staff will be available to answers questions and provide information on how your local State Legislative office can offer assistance.*  
**No reservation is necessary**

**22**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**23**  
**NO Line Dancing**  
11:00 Aerobics  
**NO Yoga**  
12:15 Canasta  
1:00 Woodcarving

**24**  
**NO Chair Yoga**  
10:30 Watercolor  
11:15 Body toning  
12:30 ART GROUP  
12:30 Bridge  
1:00 Zumba

**25**  
10:00 Current Events  
Discussion Group  
11:00 Memoir Writing  
**12:00**  
**Club Meeting**  
**Bingo**

**26**  
9:00 FUNctionally Fit  
10:00 Jazz  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Thursday**  
**Current Events**  
**Discussion**  
Phil McLewin  
Every 2nd and 4th  
Senior Club



**29**  
9:30 Bridge  
10:00 Pilates  
11:00 Zumba  
12:15 Arthritis Class  
12:30 Mahjong

**30**  
9:30 Beginners Line Dance  
10:00 Line Dancing  
11:00 Aerobics  
**NO Yoga**  
12:15 Canasta  
1:00 Woodcarving



**Friday:**  
**FUNctionally Fit**  
Jeffrey Warley  
**Jazz**  
Donna Baccaro  
**Yoga**  
MaryAnn Gebhardt