

January Mon Tue We Thu Fri Instructors

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ElTownship Website:



6
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

7
NO Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

8
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge

9
10:00 Current Events Discussion Group
11:00 Memoir Writing
12:00 Club Meeting Bingo

10
9:00 Flex, Stretch & Strength Chair Exercise
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Tuesday
Line Dancing
Helene Heschle
Aerobics
Donna Baccaro
YOGA
Margrit Eddy

MOVIE DAY:
Steel Magnolias
Thursday,
January 16th
@ 12:00 pm
Bring your own lunch

13
9:30 Bridge
10:00 Pilates
NO Zumba
NO Arthritis Class
12:30 Mahjong

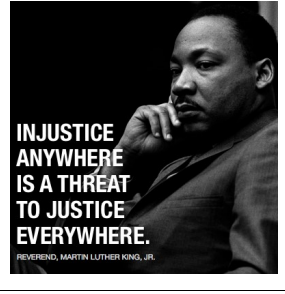
14
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving
1:15 Bloodpressure Clinic

15
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge

16
10:00 Current Events Discussion Group
12:00 Movie Day Steel Magnolias
Refreshments will be served

17
9:00 Flex, Stretch & Strength Chair Exercise
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

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



20
Martin Luther King Day
Building closed

21
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

22
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge

23
10:00 Current Events Discussion Group
11:00 Memoir Writing
12:00 Club Meeting Bingo

24
9:00 Flex, Stretch & Strength Chair Exercise
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

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

Calendar is subject to change

27
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

28
10:00 Line Dancing
11:00 Aerobics
12:00 Yoga
12:15 Canasta
1:00 Woodcarving

29
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge

30
10:00 Current Events Discussion Group

31
9:00 Flex, Stretch & Strength Chair Exercise
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Friday:
Stretch and Flex-
Jazz
Donna Baccaro
Yoga
MaryAnn Gebhardt