

# July

# Mon

# Tue

# Wed

# Thu

# Fri

# Instructors

**Susanne Small**  
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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**  
**NO Line Dancing**  
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**  
  
**Building closed**

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

**Monday:**  
**TAI CHI Chih Practice**  
Pat Spiech  
**PILATES**  
Gina Pano Baumann  
**ZUMBA**  
**and Arthritis Class**  
Mary Lee Costello

**July 9th at 12:00**  
**Senior Picnic**  
**At**  
**The Mahwah**  
**Senior Center**

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

**9**  
No classes or group meetings today, due to  
**12:00 SENIOR PICNIC**  
@ the Senior Center  
Hamburgers and Hot Dogs  
**1:15 Bloodpressure Clinic**

**10**  
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  
**11:00—3:30 BYOBG**  
Bring your own board game

**12**  
10:00 Jazz  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

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



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

**16**  
10:00 Line Dancing  
**10:00 Alzheimer Support Group**  
11:00 Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**17**  
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

**19**  
10:00 Jazz  
11:00 Yoga  
12:00 Knitting  
1:00 Woodcarving

**Wednesday:**  
**TAI CHI Chih Practice**  
Pat Spiech  
**Chair Yoga**  
Diane Davis  
**Body-toning**  
Michelle Bufis  
**Watercolor /Acrylics**  
Peggy Dressel  
**Zumba**  
Shelley Capener

**10:00 Alzheimer Support Group**  
**Every 3rd Tuesday of each month**

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

**23**  
10:00 Line Dancing  
11:00 Aerobics  
**NO Yoga**  
12:15 Canasta  
1:00 Woodcarving

**24**  
10:00 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  
**11:00—3:30 BYOBG**  
Bring your own board game

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

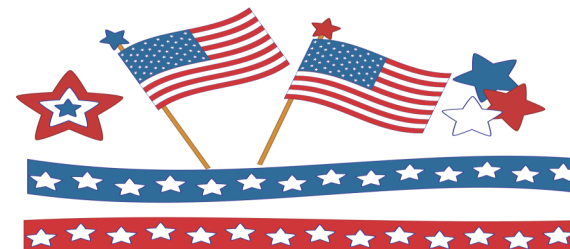
**Thursday**  
**Current Events Discussion**  
Phil McLewin  
Every 2nd and 4th Senior Club

**10:00 -12:00 Medicare Outreach Program**  
**By appointment only**

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

**30**  
10:00 Line Dancing  
11:00 Aerobics  
12:00 Yoga  
12:15 Canasta  
1:00 Woodcarving

**31**  
10:00 Chair Yoga  
10:30 Watercolor  
**11:15 Body toning DVD**  
12:30 ART GROUP  
12:30 Bridge  
1:00 Zumba



**Friday:**  
**Jazz**  
Donna Baccaro  
**Yoga**  
MaryAnn Gebhardt