

JULY

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small
201-529-5757 x 213
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Rosalie Giudice
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Township Website:
www.mahwahtwp.org

2
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

3
10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving



5
10:00 Current Events
Discussion Group

6
9:45 Zumba
11:00 Yoga
12:00 Jazz
12:00 Knitting
1:00 Woodcarving

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

July 10 @ 12:00
The Senior
Picnic will be held
at the
Senior Center for
the first time.

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

10
All classes will be cancelled
12:00
Senior Picnic
@ the Senior Center
With DJ Mark Dacey
1:30 Bloodpressure Clinic

11
10:00 ART GROUP
10:00 Chair Yoga
11:00 NO YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

12
10:00 Current Events
Discussion Group
12:00 Movie Day
TBA
Bring your own lunch
Refreshments will be served

13
9:45 Zumba
11:00 Yoga
12:00 Jazz
12:00 Knitting
1:00 Woodcarving

Tuesday
Line Dancing
Helene Heschle
Aerobics
Donna Baccaro

Hamburgers,
Hotdogs, Salads,
Dessert
will be served.
No sign up

16
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

17
LiGreci Staten Island
Departure: 10:00 am
10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving

18
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

19
10:00 Current Events
Discussion Group
11:00 Top Mistakes
Retirees Make
Presentation
Munchkins and Coffee

20
9:45 Zumba
11:00 Yoga
12:00 Jazz
12:00 Knitting
1:00 Woodcarving

Wednesday:
Chair Yoga
Diane Davis
Yoga
Margrit Eddy
Bodytoning
Michelle Bufis



23
9:30 Bridge
10:00 Pilates
11:00 Zumba
NO Arthritis Class
12:30 Mahjong

24
10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving

25
10:00 ART GROUP
10:00 Chair Yoga
11:00 YOGA
12:00 Body toning
12:30 Watercolor
12:30 Bridge

26
10:00 Current Events
Discussion Group
12:00 LUNCH
Fall Prevention
Kinetic Physical
Therapy

27
9:45 Zumba
NO YOGA
12:00 Jazz
12:00 Knitting
1:00 Woodcarving

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

NO
ARTHRITIS
CLASS ON
JULY 9. AND 23.

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

31
10:00 Line Dancing
11:00 Aerobics
12:15 Canasta
1:00 Woodcarving



Friday:
Zumba
Shelley Capener
Yoga
MaryAnn Gebhardt
Jazz
Donna Baccaro