

MARCH

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small

201-529-5757 x 213

ssmall@mahwahtwp.org

Eleanor Feduniewicz

201-529-5757 x 277

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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

NO Yoga

12:15 Canasta

1:00 Woodcarving

4

NO Chair Yoga

10:30 Watercolor

11:15 Body toning

12:30 ART GROUP

12:30 Bridge

5

10:00 Current Events
Discussion Group

12:00

Alzheimer Presentation

Light Lunch

No Walk Ins

Must register

6

9:00 Flex, Stretch &
Strength Chair Exercise

10:00 Jazz

11:00 Yoga

12:00 Knitting

1:00 Woodcarving

Monday:

PILATES

Gina Pano Baumann

ZUMBA

and Arthritis Class

Mary Lee Costello

AARP

TAX SEASON

is upon us!

Make your

appointment soon

Every Monday

or Friday

9

9:30 Bridge

10:00 Pilates

11:00 Zumba

12:15 Arthritis Class

12:30 Mahjong

10

10:00 Line Dancing

11:00 Aerobics

NO Yoga

12:15 Canasta

1:00 Woodcarving

1:15 Bloodpressure Clinic

11

10:00 Chair Yoga

10:30 Watercolor

11:15 Body toning

12:30 ART GROUP

12:30 Bridge

12

10:00 Current Events
Discussion Group

11:00 Memoir Writing

12:00

Club Meeting

Bingo

13

9:00 Flex, Stretch &
Strength Chair Exercise

10:00 Jazz

11:00 Yoga

12:00 Knitting

1:00 Woodcarving

Deadline for lunch reservations

Tuesday

Line Dancing

Helene Heschle

Aerobics

Donna Baccaro

YOGA

Margrit Eddy

**Alzheimer
Presentation**

Thursday, March 5

@ 12:00

Light Lunch

No Walk Ins.

Must register.

16

9:30 Bridge

10:00 Pilates

11:00 Zumba

12:15 Arthritis Class

12:30 Mahjong

17

**10:00 Alzheimer
Support Group**

10:00 Line Dancing

11:00 Aerobics

12:00 Yoga

12:15 Canasta

1:00 Woodcarving

18

**10:00 Sr. Advisory
Board Meeting**

10:00 Chair Yoga

10:30 Watercolor

11:15 Body toning

12:30 ART GROUP

12:30 Bridge

19

10:00 Current Events
Discussion Group

12:00

St. Patrick's Day

Lunch



20

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

23

9:30 Bridge

10:00 Pilates

11:00 Zumba

12:15 Arthritis Class

12:30 Mahjong

24

10:00 Line Dancing

11:00 Aerobics

12:00 Yoga

12:15 Canasta

1:00 Woodcarving

25

10:00 Chair Yoga

10:30 Watercolor

11:15 Body toning

12:30 ART GROUP

12:30 Bridge

26

10:00 Current Events
Discussion Group

11:00 Memoir Writing

12:00

Club Meeting

27

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 sub-
ject to change**

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

12:00 Yoga

12:15 Canasta

1:00 Woodcarving

Friday:

Stretch and Flex-

Jazz

Donna Baccaro

Yoga

MaryAnn Gebhardt



Funmuch.com

