

October	Mon	Tue	Wed	Thu	Fri	Instructors
----------------	------------	------------	------------	------------	------------	--------------------

<p>Susanne Small 201-529-5757 x 213 ssmall@mahwahtwp.org</p> <p>Rosalie Giudice 201-529-5757 x 277 rgiudice@mahwahtwp.org Township Website: www.mahwahtwp.org</p>	<p style="text-align: center;">1</p> <p>9:30 Bridge 10:00 Pilates 11:00 Zumba 12:15 Arthritis Class 12:30 Mahjong 1:30 Tango Dance</p>	<p style="text-align: center;">2</p> <p><u>NO Line Dancing</u> <u>10:00 Brain Exercise</u> 11:00 Aerobics 12:15 Canasta 1:00 Woodcarving</p>	<p style="text-align: center;">3</p> <p>10:00 ART GROUP 10:00 Chair Yoga 12:00 Body toning 12:30 Watercolor 12:30 Bridge <u>2:00 Zumba</u></p>	<p style="text-align: center;">4</p> <p>10:00 Current Events Discussion Group 11:00 Memoir Writing 12:00 Mood Management - How to Stay in a Good</p>	<p style="text-align: center;">5</p> <p>10:00 Jazz 11:00 Yoga 12:00 Knitting 1:00 Woodcarving</p>	<p style="text-align: center;">Monday:</p> <p>PILATES Gina Pano Baumann ZUMBA and Arthritis Class Mary Lee Costello TANGO DANCE CLASS Eva Roth and Ceferino</p>
---	--	---	--	--	---	--

<p>Workshop: Brain Exercise Every Tuesday at 10:00 during the month of October</p>	<p style="text-align: center;">8</p> <p>9:30 Bridge 10:00 Pilates 11:00 Zumba 12:15 Arthritis Class 12:30 Mahjong 1:30 Tango Dance</p>	<p style="text-align: center;">9</p> <p>9:30 Beginners Line Dancing 10:00 Line Dancing <u>10:00 Brain Exercise</u> 11:00 Aerobics 12:15 Canasta 1:00 Woodcarving <u>1:30 Blood-pressure Clinic</u></p>	<p style="text-align: center;">10</p> <p>10:00 ART GROUP 10:00 Chair Yoga 12:00 Body toning NO Watercolor 12:30 Bridge <u>2:00 Zumba</u></p>	<p style="text-align: center;">11</p> <p>10:00 Current Events Discussion Group 11:00 Memoir Writing 12:00 Senior Club Meeting BINGO Coffee and Cake</p>	<p style="text-align: center;">12</p> <p>9:00 FUNctionally Fit 10:00 Jazz 11:00 Yoga <u>FLU CLINIC</u> By appointment only Please contact the Health De- partment NO WALK INS! 1:00 Woodcarving</p>	<p style="text-align: center;">Tuesday</p> <p>Line Dancing Helene Heschle Aerobics Donna Baccaro YOGA Margrit Eddy</p>
--	--	---	--	--	--	--

<p>October 18th @ 12:00 LUNCH/DANCE With Nick DelGiudice NO WALK INS! Meet Mayoral Candidates and Council Candidates</p>	<p style="text-align: center;">15</p> <p>9:30 Bridge 10:00 Pilates 11:00 Zumba 12:15 Arthritis Class 12:30 Mahjong 1:30 Tango Dance</p>	<p style="text-align: center;">16</p> <p>9:30 Beginners Line Dancing 10:00 Line Dancing <u>10:00 Brain Exercise</u> 11:00 Aerobics <u>12:00 YOGA</u> 12:15 Canasta 1:00 Woodcarving</p>	<p style="text-align: center;">17</p> <p><u>10:00 Senior Adv. Board Meeting</u> 10:00 ART GROUP 10:00 Chair Yoga 12:00 Body toning 12:30 Watercolor 12:30 Bridge <u>2:00 Zumba</u></p>	<p style="text-align: center;">18</p> <p>10:00 Current Events Discussion Group 12:00 Halloween/ Fall LUNCH/ DANCE With Nick DelGiudice Political Awareness Month NO WALK INS!</p>	<p style="text-align: center;">19</p> <p>9:00 FUNctionally Fit 10:00 Jazz 11:00 Yoga 12:00 Knitting 1:00 Woodcarving</p>	<p style="text-align: center;">Wednesday:</p> <p>Chair Yoga Diane Davis Body-toning Michelle Bufis Watercolor /Acrylics Peggy Dressel ZUMBA</p>
--	---	--	---	--	---	--

<p>Overview Of NPH A Reversible Form Of <u>Dementia</u> Workshop October 26@ 12:10</p>	<p style="text-align: center;">22</p> <p>9:30 Bridge 10:00 Pilates 11:00 Zumba 12:15 Arthritis Class 12:30 Mahjong 1:30 Tango Dance</p>	<p style="text-align: center;">23</p> <p>9:30 Beginners Line Dancing 10:00 Line Dancing <u>10:00 Brain Exercise</u> 11:00 Aerobics <u>12:00 YOGA</u> 12:15 Canasta 1:00 Woodcarving</p>	<p style="text-align: center;">24</p> <p>10:00 Broadway Show 10:00 ART GROUP 10:00 Chair Yoga 12:00 Body toning 12:30 Watercolor 12:30 Bridge <u>2:00 Zumba</u></p>	<p style="text-align: center;">25</p> <p>10:00 Current Events Discussion Group 11:00 Memoir Writing 12:00 Senior Club Meeting BINGO Coffee and Cake</p>	<p style="text-align: center;">26</p> <p>9:00 FUNctionally Fit 10:00 Jazz 11:00 Yoga <u>12:10 NPH Workshop &</u> <u>Cognitive Therapy</u> 12:00 Knitting 1:00 Woodcarving</p>	<p style="text-align: center;">Thursday</p> <p>Current Events Discussion Phil McLewin Every 2nd and 4th Senior Club Meeting</p>
--	---	--	--	--	--	---

<p><u>Shelley is back!</u> Every Wednesday afternoon at 2:00 pm</p>	<p style="text-align: center;">29</p> <p>9:30 Bridge 10:00 Pilates 11:00 Zumba 12:15 Arthritis Class 12:30 Mahjong 1:30 Tango Dance</p>	<p style="text-align: center;">30</p> <p>9:30 Beginners Line Dancing 10:00 Line Dancing <u>10:00 Brain Exercise</u> 11:00 Aerobics <u>12:00 YOGA</u> 12:15 Canasta 1:00 Woodcarving</p>	<p style="text-align: center;">31</p> <p>10:00 ART GROUP 10:00 Chair Yoga 12:00 Body toning 12:30 Watercolor 12:30 Bridge <u>2:00 Zumba</u></p>	<p style="text-align: center;">1</p> <p>10:00 Current Events Discussion Group 11:00 Educational presentation: Medicare update</p>	<p style="text-align: center;">2</p> <p>9:00 FUNctionally Fit 10:00 Jazz 11:00 Yoga 12:00 Knitting 1:00 Woodcarving</p>	<p style="text-align: center;">Friday:</p> <p>Jazz Donna Baccaro Yoga MaryAnn Gebhardt FUNctionally Fit Jeffrey Warley</p>
--	---	--	---	--	--	--