

September

Mon

Tue

Wed

Thu

Fri

Instructors

Susanne Small
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Township Website:
www.mahwahtwp.org

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Building closed

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

4
10:00 Chair Yoga
NO ART CLASS
11:15 Body toning
12:30 ART GROUP
12:30 Bridge
1:00 Zumba

5
10:00 Current Events
Discussion Group

6
9:00 Flex, Stretch &
Strength Chair Exercise
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

September, 17
@ 10:00
Alzheimer
Support Group
meets in
Art Room

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
12:00 Yoga
12:15 Canasta
1:00 Woodcarving
1:15 Blood-pressure Clinic

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

12
10:00 Current Events
Discussion Group
11:00 Memoir Writing
12:00
Club Meeting / Bingo
Today is the last day to reg-
ister for the Welcome Back
Luncheon

13
9:00 Flex, Stretch &
Strength Chair Exercise
10:00 Jazz
11:00 Yoga
12:00 Knitting
1:00 Woodcarving

Tuesday
Line Dancing
Helene Hesche
Aerobics
Donna Baccaro

September, 19@12:00
Welcome Back
Lunch
Doo Wop Group
Singing Oldies
\$ 5.00

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

17
10:00 Line Dancing
10:00 Alzheimer Support
Group
11:00 Aerobics
NO Yoga
12:15 Canasta
1:00 Woodcarving

18
10:00 Chair Yoga
10:30 Watercolor
11:15 Body toning
12:30 ART GROUP
12:30 Bridge
1:00 Zumba

19
10:00 Current Events
Discussion Group
12:00
Welcome Back Lunch
Doo Wop Group
Singing Oldies

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
Zumba
Shelley Capener

September, 23
Medicare
Outreach
Program
By appointment
only
Meets in Art room

23
10-12 Medicare
Outreach Program
9:30 Bridge
10:00 Pilates
11:00 Zumba
12:15 Arthritis Class
12:30 Mahjong

24
10:00 Line Dancing
11:00 Aerobics
NO 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
1:00 Zumba

26
10:00 Current Events
Discussion Group
11:00 Memoir Writing
12:00
Club Meeting
Bingo

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



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

Friday:
Stretch & Flex
Jazz
Donna Baccaro
Yoga
MaryAnn Gebhardt