



# WEST MILFORD COMMUNITY SERVICES & RECREATION

## SENIOR SERVICES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Active Agers 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 Grandparent/child dance 5:00	2 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Senior Advisory Meeting 1:00 Road to Fitness 1:00 Intermediate Line Dance 2:30 Arthritis Exercise Class 6:00	3 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga w/Twist 11:00 Hatha Mat Yoga 6:00	4 Card Players 9:00 Drum Stick Workout 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Active Agers 1:30
7 Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Get Fit Where You Sit 12:15 Road to Fitness 1:00 Hatha Mat Yoga 6:00	8 Active Agers 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 Bob Ross Painting Class 6:00 YogaStrength Class 6:00	9 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Intermediate Line Dance 2:30 Bob Ross Painting Class 6:00 Arthritis Exercise Class 6:00	10 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga w/Twist 11:00 Hatha Mat Yoga 6:00	11 Shopping Trip 9:00 Card Players 9:00 Drum Stick Workout 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Active Agers 1:30
14 Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Get Fit Where You Sit 12:15 Road to Fitness 1:00 Hatha Mat Yoga 6:00	15 Active Agers 9:30 Bingo 11:00 Mah Jongg 12:30 Tai Chi Class 1:00 YogaStrength Class 6:00	16 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Intermediate Line Dance 2:30 Arthritis Exercise Class 6:00	17 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Make-up Young Hearts Bowling 10:30 Yoga w/Twist 11:00 Hatha Mat Yoga 6:00	18 <b>CLOSED</b> 
21 Card Players 9:00 Senior Chair Yoga 9:00 Pinochle 10:30 Get Fit Where You Sit 12:15 Road to Fitness 1:00 Hatha Mat Yoga 6:00	22 Mah Jongg 12:30 YogaStrength Class 6:00	23 Bridge Players (Library) 10:00 Road to Fitness 1:00 Intermediate Line Dance 2:30 Arthritis Exercise Class 6:00	24 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga w/Twist 11:00 Hatha Mat Yoga 6:00	25 Card Players 9:00 Drum Stick Workout 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00
28 Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Get Fit Where You Sit 12:15 Road to Fitness 1:00 Hatha Mat Yoga 6:00	29 Active Agers 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 YogaStrength Class 6:00	30 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Intermediate Line Dance 2:30 Arthritis Exercise Class 6:00		<b>CALENDAR SUBJECT TO CHANGE</b>