



WEST MILFORD COMMUNITY SERVICES & RECREATION SENIOR SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Hatha Mat Yoga 6:00 Yogalates 6:30</p>	<p>2</p> <p style="text-align: center;">Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30</p>	<p>3</p> <p style="text-align: center;">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 Yogalates 6:30</p>	<p>4</p> <p style="text-align: center;">Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p>	<p>5</p> <p style="text-align: center;">Card Players 9:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p>
<p>8</p> <p style="text-align: center;">Senior Chair Yoga 9:00 Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Yoga with a Twist 12:30 Pinochle 10:30 Road to Fitness 1:00 Hatha Mat Yoga 6:00 Yogalates 6:30</p>	<p>9</p> <p style="text-align: center;">Active Agers 9:30 Bingo Social 11:00 Mah Jongg 12:30 Heads Up, Seniors! 1:00</p>	<p>10</p> <p style="text-align: center;">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 Yogalates 6:30</p>	<p>11</p> <p style="text-align: center;">Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p>	<p>12</p> <p style="text-align: center;">Card Players 9:00 Shopping Trip 9:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p>
<p>15</p> <p style="text-align: center;">Senior Chair Yoga 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Yogalates 6:30</p>	<p>16</p> <p style="text-align: center;">Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30 Bob Ross Painting 6:00</p>	<p>17</p> <p style="text-align: center;">Bridge Players (Library) 10:00 Road to Fitness 1:00 Bob Ross Painting 6:00 Yogalates 6:30</p>	<p>18</p> <p style="text-align: center;">Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p>	<p>19</p> <p style="text-align: center;">Card Players 9:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p>
<p>22</p> <p style="text-align: center;">Senior Chair Yoga 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Hatha Mat Yoga 6:00 Yogalates 6:30</p>	<p>23</p> <p style="text-align: center;">Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30 Rockland Electric (Library) 12:30</p>	<p>24</p> <p style="text-align: center;">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 Yogalates 6:30</p>	<p>25</p> <p style="text-align: center;">Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 11:00</p>	<p>26</p> <p style="text-align: center;">Card Players 9:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p>
<p>29</p> <p style="text-align: center;">Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Hatha Mat Yoga 6:00 Yogalates 6:30</p>	<p>30</p> <p style="text-align: center;">Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30</p>			<p>CALENDAR SUBJECT TO CHANGE</p>