



WEST MILFORD COMMUNITY
SERVICES & RECREATION



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Yoga Sculpt 9:30 Yoga with a Twist 11:00	2 Card Players 9:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30
5 Tax Prep 9:00 Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Hatha Yoga 6:00	6 Active Agers 9:30 Country Line Dance 11:00 Mah Jongg 12:30	7 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 Class 6:30	8 Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00	9 Card Players 9:00 Drum Stick Exercise 10:00 Country Line Dance 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30
12 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 Yoga 6:00	13 Active Agers 9:30 Bingo Social 11:00 Mah Jongg 12:30 Bob Ross Painting 6:00	14 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 6:00 Arthritis Class 6:30 	15 Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00	16 Card Players 9:00 Drum Stick Exercise 10:00 Country Line Dance 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30
19 Center Closed  Hatha Yoga 6:00	20 Active Agers 9:30 Country Line Dance 11:00 Mah Jongg 12:30	21 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 Class 6:30	22 Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00	23 Card Players 9:00 Drum Stick Exercise 10:00 Country Line Dance 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30
26 Tax Prep 9:00 Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Hatha Yoga 6:00	27 Active Agers 9:30 Country Line Dance 11:00 Mah Jongg 12:30 Over the Counter Drugs 1:00	28 Low Impact Dance Aerobics 9:30 Senior Mat Yoga 10:30 Intermediate Line Dance 2:30 Arthritis Class 6:30	29 Tax Prep 9:00 Yoga Sculpt 9:30 Yoga with a Twist 11:00	CALENDAR SUBJECT TO CHANGE