



WEST MILFORD COMMUNITY SERVICES & RECREATION

SENIOR SERVICES


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	1 Active Agers 9:30 Mah Jongg 12:30 Tai Chi 1:00 YogaStrength 6:00	2 Bridge Players (Library) 10:00 Arthritis Exercise 6:00	3 Yoga Sculpt 9:30 Yoga with a Twist 11:00	4 
7 Card Players 9:00 Senior Chair Yoga 9:00 Pinochle 10:30 It's Country Line Dance Time 10:30 Get Fit Where You Sit 12:15 Hatha Mat Yoga 6:00	8 Active Agers 9:30 Mah Jongg 12:30 Tai Chi 1:00 YogaStrength 6:00	9 Bridge Players (upstairs) 10:00 Arthritis Exercise 6:00	10 Yoga Sculpt 9:30 Yoga with a Twist 11:00 Hatha Mat Yoga 6:00	11 Card Players 9:00 Drum Away Rhythm Stick 9:00 Mah Jongg 12:30 Afternoon Active Agers 1:30
14 Card Players 9:00 Senior Chair Yoga 9:00 Pinochle 10:30 It's Country Line Dance Time 10:30 Get Fit Where You Sit 12:15 Hatha Mat Yoga 6:00	15 Active Agers 9:30 Bingo 11:00 Mah Jongg 12:30 Tai Chi 1:00 YogaStrength 6:00	16 Bridge Players (upstairs) 10:00 Bob Ross Painting 6:00 Arthritis Exercise 6:00	17 Yoga Sculpt 9:30 Yoga with a Twist 11:00 Hatha Mat Yoga 6:00	18 Card Players 9:00 Drum Away Rhythm Stick 9:00 Mah Jongg 12:30 Afternoon Active Agers 1:30
21 Card Players 9:00 Senior Chair Yoga 9:00 Pinochle 10:30 It's Country Line Dance Time 10:30 Get Fit Where You Sit 12:15 Hatha Mat Yoga 6:00	22 Active Agers 9:30 Mah Jongg 12:30 Tai Chi 1:00 YogaStrength 6:00	23 Bridge Players (upstairs) 10:00	24 Yoga Sculpt 9:30 Yoga with a Twist 11:00 Hatha Mat Yoga 6:00	25 Card Players 9:00 Mah Jongg 12:30 Afternoon Active Agers 1:30
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