



June

WEST MILFORD COMMUNITY SERVICES & RECREATION SENIOR SERVICES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 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	3 Active Ager Exercise 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 YogaStrength 6:00	4 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	5 Yoga Sculpt 9:30 Yoga With a Twist 11:00	6 Card Players 9:00 Drum Away Rhythm Stick 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30
9 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	10 Active Ager Exercise 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 YogaStrength 6:00	11 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Arthritis Exercise 6:00	12 Yoga Sculpt 9:30 Yoga With a Twist 11:00 Hatha Mat Yoga 6:00	13 Shopping Trip 9:00 Card Players 9:00 Drum Away Rhythm Stick 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30
16 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	17 Active Ager Exercise 9:30 Bingo 11:00 Mah Jongg 12:30 Tai Chi Class 1:00 Bob Ross Painting Class 6:00 YogaStrength 6:00	18 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Bob Ross Painting Class 6:00 Arthritis Exercise 6:00	19 Yoga Sculpt 9:30 Yoga With a Twist 11:00 Hatha Mat Yoga 6:00	20 Card Players 9:00 Drum Away Rhythm Stick 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30
23 Card Players 9:00 Senior Chair Yoga 9:00 Pinochle 10:30 Get Fit Where You Sit 12:15 Road to Fitness 1:00	24 Active Ager Exercise 9:30 Mah Jongg 12:30 Tai Chi Class 1:00	25 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Arthritis Exercise 6:00	26 Yoga Sculpt 9:30 Yoga With a Twist 11:00	27 Card Players 9:00 Drum Away Rhythm Stick 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30
30 Senior Chair Yoga 9:00 Pinochle 10:30 Get Fit Where You Sit 12:15 Hatha Mat Yoga 6:00				Calendar Subject to Change