



# WEST MILFORD COMMUNITY SERVICES & RECREATION

## SENIOR SERVICES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>CALENDAR SUBJECT TO CHANGE</p>			<p>1  (Make Up) Yoga Sculpt 9:30 Bridge Players (Library) 10:00 (Make Up) Yoga With a Twist 11:00</p>	<p>2  Card Players 9:00 Drum Stick Workout 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Senior Karaoke Night 7:00</p>
<p>5  Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 (Make Up) Get Fit Where You Sit 12:15 Road to Fitness 1:00</p>	<p>6  Mah Jongg 12:30 Tai Chi Class 1:00 Yoga Strength 6:00</p>	<p>7  Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Senior Advisory Meet 1:00 Road to Fitness 1:00 Arthritis Exercise Class 6:00</p>	<p>8  (Make Up) Yoga Sculpt 9:30 Bridge Players (Library) 10:00 (Make Up) Yoga With a Twist 11:00</p>	<p>9  Shopping Trip 9:00 Card Players 9:00 Drum Stick Workout 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00</p>
<p>12  Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 (Make Up) Get Fit Where You Sit 12:15 Road to Fitness 1:00</p>	<p>13  Active Ager Exercise 9:30 Bingo 11:00 Mah Jongg 12:30 Tai Chi Class 1:00 Yoga Strength 6:00</p>	<p>14  Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00</p>	<p>15  (Make Up) Yoga Sculpt 9:30 Bridge Players (Library) 10:00 (Make Up) Yoga With a Twist 11:00</p>	<p>16  Card Players 9:00 Drum Stick Workout 10:00 Senior Appreciation Luncheon 11:30 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30</p>
<p>19  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</p>	<p>20  Active Ager Exercise 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 Bob Ross Painting Class 6:00 Yoga Strength 6:00</p>	<p>21  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</p>	<p>22  Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga With a Twist 11:00</p>	<p>23  Card Players 9:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30</p>
<p>26  CLOSED MEMORIAL DAY</p>	<p>27  Active Ager Exercise 9:30 AARP Drive Safety Class 9:30 Mah Jongg 12:30 Tai Chi Class 1:00 Yoga Strength 6:00</p>	<p>28  AARP Drive Safety Class 9:30 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00</p>	<p>29  Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga With a Twist 11:00</p>	<p>30  Card Players 9:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Active Ager Exercise 1:30</p>