



WEST MILFORD COMMUNITY SERVICES & RECREATION  
SENIOR SERVICES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core Stretch &amp; Flex 6:30</p>	<p>2</p> <p>Active Agers Exercise 9:30 Beginner Country Line Dance 10:45 Mah Jongg 12:30 Hatha Mat Yoga 6:30</p>	<p>3</p> <p>Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Senior Advisory Meet 1:00 Road to Fitness 1:00 Intermediate Line Dance 2:30 Senior Arthritis Class 6:30</p>	<p>4</p> <p>Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00</p>	<p>5</p>  <p>Card Players 9:00 Drum Stick Exercise 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Ager Class 1:30</p>
<p>8</p> <p>Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core Stretch &amp; Flex 6:30</p>	<p>9</p> <p>Active Agers Exercise 9:30 Bingo Social 11:00 Mah Jongg 12:30 Hatha Mat Yoga 6:30</p>	<p>10</p> <p>Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Road to Fitness 1:00 Intermediate Line Dance 2:30 Rec gym 3-Sen. Arthritis Class 6:30</p>	<p>11</p> <p>Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00</p>	<p>12</p> <p>Card Players 9:00 Drum Stick Exercise 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Ager Class 1:30</p>
<p>15</p> <p>Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core Stretch &amp; Flex 6:30</p>	<p>16</p> <p>Active Agers Exercise 9:30 Beginner Country Line Dance 10:45 Mah Jongg 12:30 Hatha Mat Yoga 6:30</p>	<p>17</p> <p>Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Road to Fitness 1:00 Intermediate Line Dance 2:30 Senior Arthritis Class 6:30</p>	<p>18</p> <p>Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00</p>	<p>19</p> <p>Shopping Trip 9:00 Card Players 9:00 Drum Stick Exercise 10:00 It's Country Line Dance Time 11:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Ager Class 1:30</p>
<p>22</p> <p>Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core Stretch &amp; Flex 6:30</p>	<p>23</p> <p>Active Agers Exercise 9:30 Beginner Country Line Dance 10:45 Mah Jongg 12:30 Bob Ross Painting 5:00 Hatha Mat Yoga 6:30</p>	<p>24</p> <p>Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Road to Fitness 1:00 Bob Ross Painting 5:00 Make-up snow date Arthritis Class 6:30</p>	<p>25</p> <p>Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00</p>	<p>26</p> <p>Card Players 9:00 Mah Jongg 12:30 It's Country Line Dance Time 11:00 Road to Fitness 1:00 Afternoon Active Ager Class 1:30 Snow date Drum Stick Ex. 10:00</p>
<p>29</p> <p><b>CLOSED</b> </p>	<p>30</p> <p>Active Agers Exercise 9:30 Beginner Country Line Dance 10:45 Mah Jongg 12:30 Make-up for 3/14 Hatha Mat Yoga 6:30</p>	<p>31</p> <p>Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Road to Fitness 1:00</p>		<p><b>CALENDAR SUBJECT TO CHANGE</b></p>