



May

WEST MILFORD COMMUNITY SERVICES & RECREATION  
SENIOR SERVICES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>CALENDAR SUBJECT TO CHANGE</p>		<p>1 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 Exercise Class 6:30 Yogalates 6:30</p>	<p>2 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 12:30</p>	<p>3 Card Players 9:00 Drum Away Sticks 10:00 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p>
<p>6 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 Mat Yoga 6:00 Yogalates 6:30</p>	<p>7 Active Agers 9:30 It's Country Line Dance 11:00 Bingo Social 11:00 Mah Jongg 12:30</p>	<p>8 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 Exercise Class 6:30 Yogalates 6:30</p>	<p>9 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 12:30</p>	<p>10 Card Players 9:00 Shopping Trip 9:00 Drum Away Sticks 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00</p>
<p>13 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 Mat Yoga 6:00 Yogalates 6:30</p>	<p>14 Active Agers 9:30 Mah Jongg 12:30 Bob Ross Painting 6:00</p>	<p>15 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 Exercise Class 6:30 Yogalates 6:30</p>	<p>16 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 12:30</p>	<p>17 Card Players 9:00 Drum Away Sticks 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Active Agers 1:30</p>
<p>20 Card Players 9:00 Senior Chair Yoga 9:00 Zumba Gold 10:00 Pinochle 10:30 Seniors for Seniors 11:00 Yoga with a Twist 12:30 Road to Fitness 1:00 Hatha Mat Yoga 6:00 Yogalates 6:30</p>	<p>21 Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30</p>	<p>22 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 Exercise Class 6:30 Yogalates 6:30</p>	<p>23 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Yoga with a Twist 12:30</p>	<p>24 Drum Away Sticks 10:00 It's Country Line Dance 11:15 Active Agers 1:30</p>
<p>27 <b>CLOSED</b>  MEMORIAL DAY</p>	<p>28 Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30</p>	<p>29 Low Impact Dance Aerobics 9:30 Bridge Players (Library) 10:00 Senior Mat Yoga 10:30 Road to Fitness 1:00 Arthritis Exercise Class 6:30 Yogalates 6:30</p>	<p>30 Yoga Sculpt 9:30 Yoga with a Twist 12:30</p>	<p>31 Drum Away Sticks 10:00 It's Country Line Dance 11:00 Active Agers 1:30</p>