



WEST MILFORD COMMUNITY
SERVICES & RECREATION
SENIOR SERVICES

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

| <p>CALENDAR SUBJECT TO CHANGE</p> | | | | |
|---|--|--|---|--|
| <p>4</p> <p>Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Road to Fitness 1:00</p> <p>Make – up date Hatha Mat Yoga 6:00</p> | <p>5</p> <p>Mah Jongg 12:30 Soup in a Jar 12:30</p> <p>Snow Date Country Line Dance 11:00</p> | <p>6</p> <p>Bridge Players (Library) 10:00 Senior Advisory Meeting 1:00 Road to Fitness 1:00 Arthritis Class 6:30 Yogalates 6:30</p> <p>Snow Date Intermediate Line Dance 2:30</p> | <p>7</p> <p>Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p> | <p>1</p> <p>Card Players 9:00 Drum Stick Exercise 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p> |
| <p>11</p> <p>Senior Chair Yoga 9:00 Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 12:30 Road to Fitness 1:00 Yogalates 6:30</p> | <p>12</p> <p>Active Agers 9:30 Bingo Social 11:00 It's Country Line Dance 11:00 Mah Jongg 12:30</p> | <p>13</p> <p>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 Class 6:30</p> | <p>14</p> <p>Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p> | <p>15</p> <p>Card Players 9:00 Shopping Trip 9:30 Drum Stick Exercise 10:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00</p> |
| <p>18</p> <p>Senior Chair Yoga 9:00 Tax Prep 9:00 Card Players 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>19</p> <p>Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30 Keeping Your Brain Healthy 12:30 Bob Ross Painting 6:00</p> | <p>20</p> <p>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 Yogalates 6:30</p> | <p>21</p> <p>Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p> | <p>22</p> <p>Card Players 9:00 It's Country Line Dance 11:15 Mah Jongg 12:30 Road to Fitness 1:00 Afternoon Active Agers 1:30</p> |
| <p>25</p> <p>Senior Chair Yoga 9:00 Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Yoga with a Twist 12:30 Pinochle 10:30 Road to Fitness 1:00 Hatha Mat Yoga 6:00 Yogalates 6:30</p> | <p>26</p> <p>Active Agers 9:30 It's Country Line Dance 11:00 Mah Jongg 12:30</p> | <p>27</p> <p>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 Yogalates 6:30</p> | <p>28</p> <p>Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00</p> | <p>29</p> |