



WEST MILFORD COMMUNITY SERVICES & RECREATION SENIOR SERVICES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>CALENDAR SUBJECT TO CHANGE</div>				
3 Senior Chair Yoga 9:00 AARP Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core & Stretch 6:30	4 Active Agers 9:30 Beginner Line Dance 10:45 Mah Jongg 12:30 Hatha Mat Yoga 6:30	5 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 Inter. Line Dance 2:30	6 AARP Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00	7 <div> <div>CENTER CLOSED</div> <div> </div> </div>
10 Senior Chair Yoga 9:00 AARP Tax Prep 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core & Stretch 6:30	11 Active Agers 9:30 Bingo Social 11:00 Mah Jongg 12:30 Hatha Mat Yoga 6:30	12 Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Road to Fitness 1:00 Inter. Line Dance 2:30 Senior Arthritis Class 6:30	13 AARP Tax Prep 9:00 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00	14 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 Active Agers Exercise 1:30
17 Senior Chair Yoga 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core & Stretch 6:30	18 Active Agers 9:30 Beginner Line Dance 10:45 Mah Jongg 12:30 Cooking Classes 2:00 Hatha Mat Yoga 6:30	19 Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Road to Fitness 1:00 Cooking Classes 2:00 Inter. Line Dance 2:30 Senior Arthritis Class 6:30	20 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00 Evening Active Agers 5:00	21 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 Active Agers Exercise 1:30
24 Senior Chair Yoga 9:00 Card Players 9:00 Zumba Gold 10:00 Pinochle 10:30 Yoga with a Twist 11:00 Road to Fitness 1:00 Night Core & Stretch 6:30	25 Active Agers 9:30 Beginner Line Dance 10:45 Mah Jongg 12:30 Bob Ross Painting 5:00 Hatha Mat Yoga 6:30	26 Low Impact Dance Aerobics 9:00 Senior Mat Yoga 10:00 Bridge Players (Library) 10:00 Road to Fitness 1:00 Inter. Line Dance 2:30 Bob Ross Painting 5:00 Senior Arthritis Class 6:30	27 Yoga Sculpt 9:30 Bridge Players (Library) 10:00 Young Hearts Bowling 10:30 Yoga with a Twist 11:00 Evening Active Agers 5:00 Hatha Mat Yoga 6:00	28 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 Active Agers Exercise 1:30