

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Senior Center Closed</p> 	<p>2 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (last session)</p>	<p>3 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:30 Yoga 10:00 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>4 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 Mile) 9:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom Cancelled 12:30 Lunch 1:00 Investment Group 2:00 Balance (new session) 3:00 Zumba Canceled</p>	<p>5 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:00 B/P Screening 12:30 Lunch 12:30 Delay the Disease 1:30 Pickleball</p>
<p>8 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 11:00 Adv. Balance 12:00 Essential Yoga 12:30 Lunch 1:00 <i>Movie—Gifted</i> 1:00 H.O.P.E 1:00 Thrive 1:00 Make a Book 1:30 Line Dancing</p>	<p>9 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic (new session)</p>	<p>10 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2 mile) 9:30 Yoga 9:30, 10:45, 12:00 S.H.I.P Counselor 10:00 Creative Writing 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>11 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 Mile) 9:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00 Zumba Canceled</p>	<p>12 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch (Pizza) 12:30 Delay the Disease 1:00 Bingo</p>
<p>15</p> <p>SENIOR CENTER CLOSED</p> 	<p>16 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30 Yoga 10:00 Carotid Screening 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>17 8:30 Body Form & Fitness 8:30 Walking (3 mile) 9:30 Walking (2mile) 9:30 Yoga 10:00 Creative Writing 10:30 Tai Chi for Arthritis 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p> <p>Advisory council meeting 4:15</p>	<p>18 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>19 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Opera</p>
<p>22 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2 mile) 10:30 Watercolor Art 10:30 FOWWSC Meeting 11:00 Adv. Balance 12:00 Lunch 12:00 Essential Yoga 1:00 <i>Movie-Get Low</i> 1:00 H.O.P.E 1:00 Thrive 1:00 Make a Book</p>	<p>23 8:30 Strength Tr. 8:30 Walking (3 mile) 9:15 Walking (2 mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Spanish 10:00 Needlework 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic</p>	<p>24 8:30 Body Form & Fitness 8:30 Walking (3mile) 9:30 Walking (2 mile) 9:30 Yoga 10:00 Creative Writing 10:45 Chair Stretch & Tone 11:00 Art for Healing Lecture 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>	<p>25 8:15 Strength Tr 9:15 Yoga 8:30 Walking (3 mile) 9:30 Walking (2 mile) 10:00 French Group 10:00 Tech Help 10:15 Ballroom Dancing 11:15 Int'l Ballroom 12:30 Lunch 1:00 Investment Group 2:00 Balance Class 3:00-3:45 Zumba</p>	<p>26 8:15 Tai Chi 8:15 Strength Tr. * 9:15 Yoga 9-12 Billiards 9:15 Chinese Hour 9:30 Walking (3 mile) 10:00 Chinese Mah Jongg 10:15 Strength Tr. 11:30 Chair Exercise 12:30 Lunch 12:30 Delay the Disease 1:00 Bingo (library) 1:30 Pickleball</p>
<p>29 8:15 Walking (3 mile) 8:15 Body Form & Fitness 9:00 Chair Yoga 9:15 Walking (2mle) 11:00 Adv. Balance 12:00 Essential Yoga 1:00 <i>Movie- Gifted Hands</i> 1:00 H.O.P.E 1:00 Thrive 1:00 Make a Book 1:00 Highlights of New Jersey's 354 years 1:30 Line Dancing</p>	<p>30 8:30 Strength Tr. 8:30 Walking (3mile) 9:15 Walking (2mile) 9:30 Yoga 10:00 Chinese Mah Jongg 10:00 Needlework 10:00 Spanish 10:30 Chair Exercise 12:30 Lunch 1-3:45 Bridge 1:00 Acrylic 2:00 Talking About Books</p>	<p>31 8:30 Body Form & Fitness 8:30 Walking (3mile) 9:30 Walking (2mile) 9:30 Yoga 10:00 Creative Writing 10:30 Great Courses 10:45 Chair Stretch & Tone 12:00 Duplicate Bridge 12:00 Adventures in Literature 1:30 American Mah Jongg</p>		<p>*Friday 8:15 Strength Training Class Full</p> 

