



# Hasbrouck Heights Recreation Department Senior Activities Calendar April 2024

Robert Brady, Director of Recreation

Phone (201) 288 4143

Mon	Tue	Wed	Thu	Fri
<p>1 Games, Cards &amp; Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p> 	<p>2 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>3 Leisure Club Exec. Bd. Meeting 10am Senior Stretch &amp; Flex 2pm \$1</p>	<p>4 Beginners Line Dancing \$1 10am, Games, Cards, Coffee &amp; MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>5 Games, Cards, &amp; Coffee 10am-12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45pm</p>
<p>8 Games, Cards &amp; Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1 BUILDING LOT CLOSED</p>	<p>9 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>10 Leisure Club Meeting 12pm</p> <div style="text-align: center;">  <p><b>Special Event</b></p> </div>	<p>11 Beginners Line Dancing \$1 10am, Games, Cards, Coffee &amp; MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>12 Games, Cards, &amp; Coffee 10am-12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45pm</p>
<p>15 Games, Cards &amp; Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p>	<p>16 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>17 Dr. Bellavia Informative Lecture on changes to Medicare 10am-12pm Free Refreshments Senior Stretch &amp; Flex 2pm \$1</p>	<p>18 Beginners Line Dancing \$1 10am, Games, Cards, Coffee &amp; MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>19 Games, Cards, &amp; Coffee 10am-12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45pm</p>
<p>22 Games, Cards &amp; Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p>	<p>23 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>24 Games, Cards, Coffee &amp; MahJong 10am-2pm Senior Lounge open 10am-2pm Senior Stretch &amp; Flex 2pm \$1</p>	<p>25 Beginners Line Dancing \$1 10am, Games, Cards, Coffee &amp; MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>26 Games, Cards, &amp; Coffee 10am-12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45pm</p>
<p>29 Games, Cards &amp; Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p>	<p>30 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	