




Hasbrouck Heights Recreation Department Senior Activities Calendar

March 2024

Robert Brady, Director of Recreation

Phone (201) 288-4143

Mon	Tue	Wed	Thu	Fri
				
4 <i>Games, Cards & Coffee 10-1pm</i> <i>Senior Lounge 10-1pm</i> <i>MahJong 10am-2pm</i> <i>Zumba Gold 2pm \$1</i>	5 <i>All Classes \$1.00 Advanced</i> <i>Line Dancing 10am</i> <i>Inter Line Dancing 12pm</i> <i>Chair Yoga 1:45pm Tuesday</i> <i>Night Games 5pm</i>	6 <i>Leisure Club Exec. Bd. Meeting 10am</i> <i>Senior Stretch & Flex 2pm \$1</i>	7 <i>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</i> <i>Senior Lounge open 11am-2pm</i> <i>Sr. Yoga 2pm \$1</i>	8 <i>Games, Cards, & Coffee 10am-12:45pm</i> <i>Intermediate Line Dancing 1pm</i> <i>Zumba Gold with Rita 2:45pm</i>
11 <i>Games, Cards & Coffee 10-1pm</i> <i>Senior Lounge 10-1pm</i> <i>MahJong 10am-2pm</i> <i>Zumba Gold 2pm \$1</i>	12 <i>All Classes \$1.00 Advanced</i> <i>Line Dancing 10am</i> <i>Inter Line Dancing 12pm</i> <i>Chair Yoga 1:45pm Tuesday</i> <i>Night Games 5pm</i>	13 <i>Leisure Club Meeting 12pm</i>	14 <i>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</i> <i>Senior Lounge open 11am-2pm</i> <i>Sr. Yoga 2pm \$1</i>	15 <i>Games, Cards, & Coffee 10am-12:45pm</i> <i>Intermediate Line Dancing 1pm</i> <i>Zumba Gold with Rita 2:45pm</i>
18 <i>Games, Cards & Coffee 10-1pm</i> <i>Senior Lounge 10-1pm</i> <i>MahJong 10am-2pm</i> <i>Zumba Gold 2pm \$1</i>	19 <i>All Classes \$1.00 Advanced</i> <i>Line Dancing 10am</i> <i>Inter Line Dancing 12pm</i> <i>Chair Yoga 1:45pm Tuesday</i> <i>Night Games 5pm</i>	20 <i>Games, Cards, Coffee & MahJong 10am-2pm</i> <i>Senior Lounge open 10am-2pm</i> <i>Senior Stretch & Flex 2pm \$1</i>	21 <i>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</i> <i>Senior Lounge open 11am-2pm</i> <i>Sr. Yoga 2pm \$1</i>	22 <i>Games, Cards, & Coffee 10am-12:45pm</i> <i>Intermediate Line Dancing 1pm</i> <i>Zumba Gold with Rita 2:45pm</i>
25 <i>Games, Cards & Coffee 10-1pm</i> <i>Senior Lounge 10-1pm</i> <i>MahJong 10am-2pm</i> <i>Zumba Gold 2pm \$1</i>	26 <i>All Classes \$1.00 Advanced</i> <i>Line Dancing 10am</i> <i>Inter Line Dancing 12pm</i> <i>Chair Yoga 1:45pm Tuesday</i> <i>Night Games 5pm</i>	27 <i>Games, Cards, Coffee & MahJong 10am-2pm</i> <i>Senior Lounge open 10am-2pm</i> <i>Senior Stretch & Flex 2pm \$1</i>	28 <i>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</i> <i>Senior Lounge open 11am-2pm</i> <i>Sr. Yoga 2pm \$1</i>	29 <i>Games, Cards, & Coffee 10am-12:45pm</i> <i>Intermediate Line Dancing 1pm</i> <i>Zumba Gold with Rita 2:45pm</i>