



Hasbrouck Heights Recreation Department Senior Activities Calendar May 2024

Robert Brady, Director of Recreation

Phone (201) 288-0195

Mon	Tue	Wed	Thu	Fri
		<p>1 Leisure Club Exec. Bd. Meeting 10am Senior Stretch & Flex 2pm \$</p>	<p>2 Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>3 Games, Cards, & Coffee 10am- 12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45</p>
<p>6 Games, Cards & Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p>	<p>7 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>8 Leisure Club Meeting 12pm</p>	<p>9 Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>10 Games, Cards, & Coffee 10am- 12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45</p>
<p>13 Games, Cards & Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p>	<p>14 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>15 Games, Cards, Coffee & MahJong 10am-2pm Senior Lounge open 10am-2pm Senior Stretch & Flex 2pm \$1</p>	<p>16 Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>17 Games, Cards, & Coffee 10am- 12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45</p>
<p>20 Games, Cards & Coffee 10-1pm Senior Lounge 10-1pm MahJong 10am-2pm Zumba Gold 2pm \$1</p>	<p>21 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>22 Games, Cards, Coffee & MahJong 10am-2pm Senior Lounge open 10am-2pm Senior Stretch & Flex 2pm \$1</p>	<p>23 Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>24 Games, Cards, & Coffee 10am- 12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45</p>
<p>27 MEMORIAL DAY Center is Closed</p>	<p>28 All Classes \$1.00 Advanced Line Dancing 10am Inter Line Dancing 12pm Chair Yoga 1:45pm Tuesday Night Games 5pm</p>	<p>29 Games, Cards, Coffee & MahJong 10am-2pm Senior Lounge open 10am-2pm Senior Stretch & Flex 2pm \$1</p>	<p>30 Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm Senior Lounge open 11am-2pm Sr. Yoga 2pm \$1</p>	<p>31 Games, Cards, & Coffee 10am- 12:45pm Intermediate Line Dancing 1pm Zumba Gold with Rita 2:45</p>