


Hasbrouck Heights Recreation Department Senior Activities Calendar

April 2023

Robert Brady, Director of Recreation

Phone (201) 288 4143

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>Games, Cards & Coffee 10-1pm</p> <p>Senior Lounge 10-1pm</p> <p>MahJong 10am-2pm</p>	<p>4</p> <p>All Classes \$1.00 Advanced</p> <p>Line Dancing 10am</p> <p>Inter Line Dancing 12pm</p> <p>Chair Yoga 1:45pm Tuesday</p> <p>Night Games 5pm</p>	<p>5</p> <p>Leisure Club Exec. Bd. Meeting 10am</p> <p>Senior Stretch & Flex 2pm \$1</p>	<p>6</p> <p>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</p> <p>Senior Lounge open 11am-2pm</p> <p>Chair Yoga 2pm</p>	<p>7</p> <p>Games, Cards, & Coffee 10am-12:45pm</p> <p>Intermediate Line Dancing 1pm</p> <p>Zumba Gold with Rita 2:45pm-3:45pm \$1</p>
<p>10</p> <p>Games, Cards & Coffee 10-1pm</p> <p>Senior Lounge 10-1pm</p> <p>MahJong 10am-2pm</p>	<p>11</p> <p>All Classes \$1.00 Advanced</p> <p>Line Dancing 10am</p> <p>Inter Line Dancing 12pm</p> <p>Chair Yoga 1:45pm Tuesday</p> <p>Night Games 5pm</p>	<p>12</p> <p>Leisure Club Meeting 12pm</p> 	<p>13</p> <p>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</p> <p>Senior Lounge open 11am-2pm</p> <p>Chair Yoga 2pm</p>	<p>14</p> <p>Games, Cards, & Coffee 10am-12:45pm</p> <p>Intermediate Line Dancing 1pm</p> <p>Zumba Gold with Rita 2:45pm-3:45pm \$1</p>
<p>17</p> <p>Games, Cards & Coffee 10-1pm</p> <p>Senior Lounge 10-1pm</p> <p>MahJong 10am-2pm</p>	<p>18</p> <p>All Classes \$1.00 Advanced</p> <p>Line Dancing 10am</p> <p>Inter Line Dancing 12pm</p> <p>Chair Yoga 1:45pm Tuesday</p> <p>Night Games 5pm</p>	<p>19</p> <p>Games, Cards, Coffee & MahJong 10am-2pm</p> <p>Senior Lounge open 10am-2pm</p> <p>Senior Stretch & Flex 2pm \$1</p>	<p>20</p> <p>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</p> <p>Senior Lounge open 11am-2pm</p> <p>Chair Yoga 2pm</p>	<p>21</p> <p>Games, Cards, & Coffee 10am-12:45pm</p> <p>Intermediate Line Dancing 1pm</p> <p>Zumba Gold with Rita 2:45pm-3:45pm \$1</p>
<p>24</p> <p>Games, Cards & Coffee 10-1pm</p> <p>Senior Lounge 10-1pm</p> <p>MahJong 10am-2pm</p>	<p>25</p> <p>All Classes \$1.00 Advanced</p> <p>Line Dancing 10am</p> <p>Inter Line Dancing 12pm</p> <p>Chair Yoga 1:45pm Tuesday</p> <p>Night Games 5pm</p>	<p>26</p> <p>Games, Cards, Coffee & MahJong 10am-2pm</p> <p>Senior Lounge open 10am-2pm</p> <p>Senior Stretch & Flex 2pm \$1</p>	<p>27</p> <p>Beginners Line Dancing \$1 10am, Games, Cards, Coffee & MahJong 11am-2pm</p> <p>Senior Lounge open 11am-2pm</p> <p>Chair Yoga 2pm</p>	<p>28</p> <p>Games, Cards, & Coffee 10am-12:45pm</p> <p>Intermediate Line Dancing 1pm</p> <p>Zumba Gold with Rita 2:45pm-3:45pm \$1</p>