

# BRIDGEWATER SENIOR CALENDAR

April, 2016

Donna Langel 908-725-8020/575-8021

Mon	Tue	Wed	Thu	Fri	
				<b>1</b> Stretch Bands 9:30 Weights 10:15 Aerobics 11:15 Roxies 12:30	
<b>4</b> Sit & Get Fit 9:30 Stretch Bands 10:30 Dance Fitness 11:15 Weights 12:30 Tap Dance 1:30 Roxies Dance Gr. 2:15	<b>5</b> Bridge 9:00 Knitting 10:00 Billiard/Shuffle Board 10:00 Club Meeting 12:00 Bingo	<b>6 "Aladdin" 9:30</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 Mahjong 12:00 C/W Line Dance 12:30 Roxies Dance Gr.1:45	<b>7</b> Tai Chi 9:30 Win. Comp. Class 9:30,10:30 Yoga 10:45 Strength Training 12:00 Bridge 12:30	<b>8</b> Stretch Bands 9:30 Weights 10:15 Aerobics 11:15 Roxies 12:30	
<b>11</b> Sit & Get Fit 9:30 Stretch Bands 10:30 Dance Fitness 11:15 Weights 12:30	<b>12</b> Bridge 9:00 Knitting 10:00 Billiard/Shuffle Board 10:00  Club Business Meeting 12:00	<b>13</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 Mahjong 12:00 C/W Line Dance 12:30 Roxies Dance Gr.1:45	<b>14</b> Tai Chi 9:30 Win. Comp. Class 9:30,10:30 Yoga 10:45 Strength Training 12:00 Bridge 12:30	<b>15</b> Stretch Bands 9:30 Weights 10:15 Aerobics 11:15 Roxies 12:30	
<b>18</b> Sit & Get Fit 9:30 Stretch Bands 10:30 Dance Fitness 11:15 Weights 12:30 Tap Dance 1:30 Roxies Dance Gr. 2:15	<b>19</b> Bridge 9:00 Knitting 10:00 Billiard/Shuffle Board 10:00 Club Meeting 12:00 Program –Pizza & Talk Provided by Care 1	<b>20</b> Sit & Get Fit 9:30 Weights 10:30 Aerobics 11:30 Mahjong 12:00 C/W Line Dance 12:30 Roxies Dance Gr.1:45	<b>21</b>  <b>HEALTH FAIR</b> <b>10:00 - 1:00</b>	<b>22</b> Stretch Bands 9:30 Weights 10:15 Aerobics 11:15 Roxies 12:30	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
<b>CENTER</b>	<b>CLOSED</b>	<b>DUE</b>	<b>TO</b>	<b>CONSTRUCTION</b>	