





Hasbrouck Heights Recreation Department Senior Activities Calendar

Robert Brady, Director of Recreation

February 2004

Phone: (201) 288-4143

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00-12:00 Art Class	3 10:30– 12:00 Line Dancing \$1.00 2:00– 3:00 Senior Stretching \$1.00	4 10:30-11:30 Low Impact Aerobics \$1.00 bring a towel	5	6 10:00-12:00 Fun Bingo Coffee and snacks available
9 10:00-12:00 Art Class	10 10:30-12:00 Line Dancing \$1.00 2:00– 3:00 Senior Stretching \$1.00	11 10:30-11:30 Low Impact Aerobics \$1.00 bring a towel Leisure Club Meeting 1:00 pm	12 Center Closed Lincoln's Birthday 	13 Valentine's for Seniors 1:00-2:00 Refreshments will be served
16 Center Closed President's Day 	17 10:30-12:00 Line Dancing \$1.00 2:00– 3:00 Senior Stretching \$1.00	18 10:30-11:30 Low Impact Aerobics \$1.00 bring a towel CHIROPRACTIC HEALTH SEMINAR 12:30-1:30	19 9:00-11:30 Dr. Bellavia Health Fair	20 10:00– 12:00 Fun Bingo Coffee and snacks available
23 10:00-12:00 Art Class GUEST SPEAKER VISITING HOME MAKERS 12:00 - 1:00	24 10:30-12:00 Line Dancing \$1.00 2:00–3:00 Senior Stretching \$1.00	25 10:30-11:30 Low Impact Aerobics \$1.00 bring a towel Ash Wednesday	26 10:00-1:00 Health Screening Bergen County Health Ser- vices	27 Leisure club activity day
	<i>Happy Valentine's Day!</i>			

Please check the Observer weekly for any additional programs not shown on this calendar.