




Hasbrouck Heights Recreation Department Senior Activities Calendar

Robert Brady, Director of Recreation

March 2004

Phone: (201) 288-4143

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00-12:00 Art Class	2 10:30-12:00 Line Dancing \$1.00 WOMAN'S CLUB MEETING 12:30-3:00	3 10:30-11:30 Low Impact Aerobics \$1:00 bring a towel 1 pm- 4pm Activity Day Cards, Chess, Checkers	4 Leisure Club Executive Bd. Meeting 9:30 am-1 pm 1 pm- 4pm Activity Day Cards, Chess, Checkers	5 Fun Bingo 10 am- 12 noon Refreshments will be served Movie Day 1:30 - 4:30 "Murder She Purred"
8 10:00-12:00 Art Class	9 10:30-12:00 Line Dancing \$1.00 2:00-3:00 Yoga for Seniors \$1.00	10 10:30-11:30 Low Impact Aerobics \$1:00 bring a towel 1:00 Leisure Club General Meeting	11 1 pm- 4pm Activity Day Cards, Chess, Checkers	12 Movie Day 1:30 - 4:30 "San Antonio Kid"
15 10:00-12:00 Art Class * 1 month left to file your income taxes	16 10:30-12:00 Line Dancing \$1.00 2:00-3:00 Yoga for Seniors \$1.00	17 10:30-11:30 Low Impact Aerobics \$1:00 bring a towel 1pm-4pm Activity Day St. Patrick's Day 	18 9:00 - 11:30 am Dr. Bellavia Health Fair 1 pm- 4pm Activity Day Cards, Chess, Checkers	19 Fun Bingo 10 am- 12 noon Refreshments will be served Movie Day 1:30 - 4:30 "Blondie Has Servant Trouble"
22 10:00-12:00 Art Class	23 10:30-12:00 Line Dancing \$1.00 2:00-3:00 Yoga for Seniors \$1.00	24 10:30-11:30 Low Impact Aerobics \$1:00 bring a towel 1 pm- 4pm Activity Day Cards, Chess, Checkers	25 10 am-1 pm Health Consulta- tion program 1 pm- 4pm Activity Day Cards, Chess, Checkers	26 Movie Day 1:30 - 4:30 "Francis Covers the Big Town"
29 10:00-12:00 Art Class WOMAN'S CLUB EXEC. MEETING 12:30	30 10:30-12:00 Line Dancing \$1.00 2:00-3:00 Yoga for Seniors \$1.00	31 10:30-11:30 Low Impact Aerobics \$1:00 bring a towel 1 pm- 4pm Activity Day Cards, Chess, Checkers	 <p><i>In like a lion.... Out like a lamb.</i></p> 	

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