

GYM OPEN: MON-WED-FRI
8:30AM-12:00NOON -BOB DALEY
201-307-0393

ANNUAL DUES \$20..00 DUE BY CHECK PAYABLE TO MONTVALE SENIOR CLUB

KITCHEN:
Vince Alfano -551-427-8143
Eric Lehmann, Vic Sutera

April 2026

April 2026							May 2026						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4						1	2
5	6	7	8	9	10	11	3	4	5	6	7	8	9
12	13	14	15	16	17	18	10	11	12	13	14	15	16
19	20	21	22	23	24	25	17	18	19	20	21	22	23
26	27	28	29	30			24	25	26	27	28	29	30
							31						

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mar 30	31	Apr 1	2	3
		11:00am 11:45am Chair Yoga 1:00pm 3:30pm Mex Train/cards	12:00pm 1:45pm Business Meeting	SENIOR CENTER CLOSED-OBSERVANCE OF GOOD FRIDAY
6	7	8	9	10
10:00am 11:15m Healthy Bones 11:00am 12:00pm Chair Exer 1:30pm 3:30pm Mahjongg	10:00am 12:00pm Corn Hole, ping 1:30pm 3:30pm Canasta 1:30pm 2:15pm Tai Chi	11:00am 11:45am Chair Yoga 1:00pm 3:30pm Mex Train/cards	1:30pm Book Club -Great Gatsby by Fitzgerald	11:00am 12:00pm Chair Exer 1:29pm 3:30pm Pinochle-games 5:00pm 7:15pm BINGO
13	14	15	16	17
10:00am 11:15m Healthy Bones 11:00am 12:00pm Chair Exer 1:30pm 3:30pm Mahjongg	10:00am 12:00pm Corn Hole, ping 1:30pm 3:30pm Canasta 1:30pm 2:15pm Tai Chi	11:00am 11:45am Chair Yoga 1:00pm 3:30pm Mex Train/cards	12:00pm 2:00pm Social Meeting & Lunch	11:00am 12:00pm Chair Exer 1:29pm 3:30pm Ladies games 1:30pm 3:30pm Pinochle
20	21	22	23	24
10:00am 11:15m Healthy Bones 11:00am 12:00pm Chair Exer 1:30pm 3:30pm Mahjongg	10:00am 12:00pm Corn Hole, ping 1:30pm 3:30pm Canasta 1:30pm 2:15pm Tai Chi	11:00am 11:45am Chair Yoga 1:00pm 3:30pm Mex Train/cards	11:30am 1:00pm Savory Seniors -Only for those who belong.	11:00am 12:00pm Chair Exer 1:29pm 3:30pm Ladies games 1:30pm 3:30pm Pinochle
27	28	29	30	May 1
10:00am 11:15m Healthy Bones 11:00am 12:00pm Chair Exer 1:30pm 3:30pm Mahjongg	10:00am 12:00pm Corn Hole, ping 1:30pm 3:30pm Canasta 1:30pm 2:15pm Tai Chi	11:00am 11:45am Chair Yoga 1:00pm 3:30pm Mex Train/cards		

MAHJONG: KITTY STERN 201-802-0997
CANASTA: Anne Coyman 201-390-7248
Pizza & Bingo: Jodi Miller 551-427-4581 & Micki Keller 201-669-9935
Chair Exercise:-Micki Keller 201-669-9935
BOOK CLUB-JANE GREEN 201-248-4240 OR MICKI KELLER

TRANSPORTATION
MONTVALE VAN 201-391-5700 X225

BOOK CLUB: REE HOPPER
MEX TRAIN/CARDS-Pat Casciano 201-307-9685
Louise Boothby 201-476-1319
Ladies Bocce/Cards Dianne 201-314-0141
DAY TRIPS: Dianne Carfora/
Overnight Trips Rosemarie Kelly 201-391-8718