

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar 29 8:30 Mat Yoga 10 am - ZOOM Coffee Talk 12 noon: Tai Chi 2pm: ZOOM Exercise w/Joanne</p>	<p>Mar 30 9 am - Chair Yoga FB Live 10:30 am: ZOOM Virtual BINGO</p>	<p>Mar 31 9 am: Tone & Strength w/ Keisa (Facebook Live) 10 am - Tai Chi Hasmig FB Live</p>	<p>April 1 9:30 FBLive Small Weights w/Steve 1pm ZOOM Brain Games w/ Anna</p>	<p>April 2 Boro Holiday Good Friday No activities Videos on Demand on Facebook</p>
<p>April 5 8:30 Mat Yoga 10 am - ZOOM Coffee Talk 12 noon: Tai Chi FBLive (Hasmig) 2pm: ZOOM Exercise w/Joanne</p>	<p>April 6 9 am - Chair Yoga w/Lynn on Facebook Live 10:30: ZOOM Virtual BINGO Noon: Tech Talk w/Ross ZOOM</p>	<p>April 7 9 am: FB Tone & Strength w/ Keisa 10 am - Tai Chi Hasmig FB Live</p>	<p>April 8 9:30 FBLive Small Weights w/Steve 11 am: ZOOM "Learn All About the Tesla" 1pm ZOOM Brain Games w/ Anna</p>	<p>April 9 10am – Cardio Kennedy Field! (NM residents only) 11 am: Oral History Meet & Greet (Gazebo) Noon: Steve FB Chair Exercise 2:15 pm: ZOOM JEOPARDY!!!</p>
<p>April 12 8:30 Mat Yoga 10:00 ZOOM CoffeeTalk Noon: FB Tai Chi w/Hasmig 2pm: ZOOM Exercise w/Joanne</p>	<p>April 13 9 am - Chair Yoga w/Lynn Facebook Live 10:30am: ZOOM Virtual BINGO</p>	<p>April 14 9 am: Exercise w/ Keisa (FB Live) 10 am - Tai Chi at Kennedy Field (NM residents only) 11 am – Walking at Kennedy Field (NM residents only)</p>	<p>April 15 9:30 FBLive Small Weights w/Steve 1pm ZOOM Brain Games w/ Anna</p>	<p>April 16 10am – Cardio Kennedy Field! (NM residents only) Noon: Steve FB Chair Exercise 2:15 pm: ZOOM JEOPARDY!!!</p>
<p>April 19 8:30 Mat Yoga 10am CoffeeTalk Noon: Tai Chi 2pm: Exercise w/Joanne ZOOM</p> <p>April 26 8:30 Mat Yoga 10:00 ZOOM Coffee Talk Noon: Tai Chi FB 2pm: ZOOM Exercise with Joanne</p>	<p>April 20 9am: Chair Yoga 10:30 am: ZOOM Virtual Bingo Noon:"Positivity" Conference Call w/Ross</p> <p>April 27 9am: Chair Yoga 10:30am: ZOOM Virtual BINGO Noon: Tech Talk w/Ross ZOOM</p>	<p>April 21 AND April 28 9 am: Exercise w/ Keisa (FB Live) 10 am - Tai Chi at Kennedy Field (NM residents only) 11am: Walking at Kennedy Field (NM residents only)</p>	<p>April 22 AND April 29 9:30 am: Facebook Live Small Weights w/Steve 1pm ZOOM Brain Games w/ Anna</p>	<p>April 23 AND April 30 10am – Cardio Kennedy Field! (NM residents only) Noon: Steve FB Chair Exercise 2:15 pm: ZOOM JEOPARDY!!!</p>

*To sign up for ZOOM classes, call the center at 201-599-7565 or email lsullivan@newmilfordboro.com. ZOOM codes and passwords will be emailed to you.