

January 2023 Calendar of Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|--|--|---|
| 1 Happy And Healthy New Year! | 2 Borough Holiday- Building closed | 3 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 6-9 pm Rec Soccer League <i>6:30 – 7:30 Yoga</i> | 4 10-11 am Yoga 11:05 am – noon Chair Yoga <i>4 -5 pm -Tai Chi</i> 6-9 pm Boys Basketball League | 5 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone <i>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</i> 6-9 pm Boys Basketball League | 6 10:30 – 11:30 am Pilates 2-3 pm Tai Chi 6-9 pm Boys Basketball League | 7 9:30- 10:30 am- Line Dance 10:35-11:35 am Zumba Rec. Soccer League Games Noon – 7 pm |
| 8 12-5 Rec. Soccer League | 9 10 – 11 am – Tai Chi 11:00 -noon- Kung Fu Fan <i>6 – 7 pm- Pilates</i> 6-9 pm Boys Basketball League | 10 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 6-9 pm Rec Soccer League <i>6:30 – 7:30 Yoga</i> | 11 10-11 am Yoga 11:05 am – noon Chair Yoga <i>4 -5 pm -Tai Chi</i> 6-9 pm Boys Basketball League | 12 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone <i>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</i> 6-9 pm Boys Basketball League | 13 Building Closed at Noon for Lunar New Year Set-up | 14 Lunar New Year Celebration 11 am – 2 pm |
| 15 Noon -5 Rec. Soccer League | 16 Martin Luther King, Jr. Day Building Closed | 17 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 3:40 – 5:30 pm USSI Soccer Squirts & Elements* 6-9 pm Rec Soccer League <i>6:30 – 7:30 Yoga</i> | 18 10-11 am Yoga 11:05 am – noon Chair Yoga <i>4 -5 pm -Tai Chi</i> 6-9 pm Boys Basketball League | 19 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 3:40 – 5:30 USA Multi Sports* <i>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</i> 6-9 pm Boys Basketball League | 20 10:30 – 11:30 am Pilates 2-3 pm Tai Chi 6-9 pm Boys Basketball League | 21 9:30- 10:30 am- Line Dance 10:35-11:35 am Zumba Rec. Soccer League Games Noon – 7 pm |
| 22 Noon-5 Rec. Soccer League | 23 10 – 11 am – Tai Chi 11:00 -noon- Kung Fu Fan <i>6 – 7 pm- Pilates</i> 6-9 pm Boys Basketball League | 24 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 3:40 – 5:30 pm USSI Soccer Squirts & Elements* 6-9 pm Rec Soccer League <i>6:30 – 7:30 Yoga</i> | 25 10-11 am Yoga 11:05 am – noon Chair Yoga <i>4 -5 pm -Tai Chi</i> 6-9 pm Boys Basketball League | 26 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 3:40 – 5:30 USA Multi Sports* <i>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</i> 6-9 pm Boys Basketball League | 27 10:30 – 11:30 am Pilates 2-3 pm Tai Chi 6-9 pm Boys Basketball League | 28 9:30- 10:30 am- Line Dance 10:35-11:35 am Zumba Rec. Soccer League Games Noon – 7 pm |
| 29 Noon --5 Rec. Soccer League | 30 10 – 11 am – Tai Chi 11:00 -noon- Kung Fu Fan <i>6 – 7 pm- Pilates</i> 6-9 pm Boys Basketball League | 31 10 – 11 am Body Sculpt** 11:05 am – 12:05 Stretch & Tone 3:40 – 5:30 pm USSI Soccer Squirts & Elements* 6-9 pm Rec Soccer League <i>6:30 – 7:30 Yoga</i> | Make sure you have your Community Center ID card with you at all times when using the Center. | All activities and times are subject to change without notice due to unforeseen circumstances. Please call our main desk if you have questions 201-592-4699, M-F between 9 am & 4 pm | All adult activities and classes are for ages 18 and over except where noted. Children are not permitted in adult classes | |

KEY:

ITALICS = Upstairs Multipurpose Room
BOLD = Downstairs Multipurpose Room

*** Recreation Department Program
Registration at the Rec. Center
** Register at Community Center**