

May 2023 Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Make sure you have your Community Center ID card with you at all times when using the Center.</p>	<p>1</p> <p>10 – 11 am – Tai Chi 11:00 -noon-Kung Fu Fan</p> <p>3:30 – 5:30 pm Open gym – 7th & 8th grades</p> <p><i>6 – 7 pm- Pilates</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>2</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>US Track &Field* 3:30 – 5:30 pm</p> <p>6:30-8:30 pm High Sch. Open Gym</p> <p><i>(No Yoga tonight)</i></p>	<p>3</p> <p>10-11 am Yoga</p> <p>11:05 am – noon Chair Yoga</p> <p>ADA Mtg. 1 pm</p> <p><i>4 -5 pm -Tai Chi</i></p> <p>TGA Golf** 4 – 6 pm.</p> <p><i>6:30 – 7:30 pm Adult Pilaboxing</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>4</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>Multi- Sport Squirts* 3:30 –5:30 pm</p> <p><i>6 – 7 pm Fitness Fusion</i></p> <p>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</p>	<p>5</p> <p>10:30 – 11:30 am Pilates</p> <p>11:30 – 12:30 Dance Fusion</p> <p><i>2-3 pm Tai Chi</i></p> <p>3:30 – 5:30 pm 5th & 6th Grade Open gym</p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>6</p> <p>9:30- 10:30 am- Line Dance</p> <p>10:35-11:35 am Zumba</p> <p>Noon – 2 pm Badminton</p>
	<p>7</p> <p>Soccer Squirts*</p> <p>9: -9:50 am 10-10:50 am 11-11:50 am</p>	<p>8</p> <p>10 – 11 am – Tai Chi 11:00 -noon-Kung Fu Fan</p> <p>3:30 – 5:30 pm Open gym – 7th & 8th grades</p> <p><i>6 – 7 pm- Pilates</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>9</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>US Track &Field* 3:30 – 5:30 pm</p> <p>6:30-8:30 pm High School Open Gym</p> <p><i>6:30 – 7:30 -Yoga</i></p>	<p>10</p> <p>10-11 am Yoga</p> <p>11:05 am – noon Chair Yoga</p> <p><i>4 -5 pm -Tai Chi</i></p> <p>TGA Golf** 4 – 6 pm.</p> <p><i>6:30 – 7:30 pm Adult Pilaboxing</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>11</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>Multi- Sport Squirts* 3:30 –5:30 pm</p> <p><i>6 – 7 pm Fitness Fusion</i></p> <p>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</p>	<p>12</p> <p>10:30 – 11:30 am Pilates</p> <p>11:30 – 12:30 Dance Fusion</p> <p><i>2-3 pm Tai Chi</i></p> <p>3:30 – 5:30 pm 5th & 6th Grade Open gym</p> <p>6:30 – 8:30 pm Adult Basketball</p>
<p>14</p> <p>Soccer Squirts*</p> <p>9: -9:50 am 10-10:50 am 11-11:50 am</p>	<p>15</p> <p>10 – 11 am – Tai Chi 11:00 -noon-Kung Fu Fan</p> <p>3:30 – 5:30 pm Open gym – 7th & 8th grades</p> <p><i>6 – 7 pm- Pilates</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>16</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>US Track &Field* 3:30 – 5:30 pm</p> <p>6:30-8:30 pm High School Open Gym</p> <p><i>6:30 – 7:30 -Yoga</i></p>	<p>17</p> <p>10-11 am Yoga</p> <p>11:05 am – noon Chair Yoga</p> <p><i>4 -5 pm -Tai Chi</i></p> <p>TGA Golf** 4 – 6 pm.</p> <p><i>6:30 – 7:30 pm Adult Pilaboxing</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>18</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>Multi- Sport Squirts* 3:30 –5:30 pm</p> <p><i>6 – 7 pm Fitness Fusion</i></p> <p>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</p> <p>EMS Meeting 7 pm</p>	<p>19</p> <p>10:30 – 11:30 am Pilates</p> <p>11:30 – 12:30 Dance Fusion</p> <p><i>2-3 pm Tai Chi</i></p> <p>3:30 – 5:30 pm 5th & 6th Grade Open gym</p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>20</p> <p>9:30- 10:30 am- Line Dance</p> <p>10:35-11:35 am Zumba</p> <p>Noon – 2 pm Badminton</p>
<p>21</p> <p>Soccer Squirts*</p> <p>9: -9:50 am 10-10:50 am 11-11:50 am</p>	<p>22</p> <p>10 – 11 am – Tai Chi 11:00 -noon-Kung Fu Fan</p> <p>3:30 – 5:30 pm Open gym – 7th & 8th grades</p> <p><i>6 – 7 pm- Pilates</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>23</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>US Track &Field* 3:30 – 5:30 pm</p> <p>6:30-8:30 pm High School Open Gym</p> <p><i>6:30 – 7:30 -Yoga</i></p>	<p>24</p> <p>10-11 am Yoga</p> <p>11:05 am – noon Chair Yoga</p> <p><i>4 -5 pm -Tai Chi</i></p> <p>TGA Golf** 4 – 6 pm.</p> <p><i>6:30 – 7:30 pm Adult Pilaboxing</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>25</p> <p>10 – 11 am Body Sculpt**</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>Multi- Sport Squirts* 3:30 –5:30 pm</p> <p><i>6 – 7 pm Fitness Fusion</i></p> <p>6-7 pm– Line Dance 7:05-8:05 pm -Zumba</p>	<p>26</p> <p>10:30 – 11:30 am Pilates</p> <p>11:30 – 12:30 Dance Fusion</p> <p><i>2-3 pm Tai Chi</i></p> <p>3:30 – 5:30 pm 5th & 6th Grade Open gym</p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>27</p> <p>9:30- 10:30 am- Line Dance</p> <p>10:35-11:35 am Zumba</p> <p>Noon – 2 pm Badminton</p>
<p>28</p>	<p>29</p> <p style="text-align: center;">Fort Lee Memorial Day Parade and Ceremony</p> <p style="text-align: center;">10 AM Start</p>	<p>30</p> <p>11:05 am – 12:05 Stretch & Tone</p> <p>6:30-8:30 pm High School Open Gym</p> <p><i>6:30 – 7:30 -Yoga</i></p>	<p>31</p> <p>10-11 am Yoga</p> <p>11:05 am – noon Chair Yoga</p> <p><i>4 -5 pm -Tai Chi</i></p> <p><i>6:30 – 7:30 pm Adult Pilaboxing</i></p> <p>6:30 – 8:30 pm Adult Basketball</p>	<p>June 1</p> <p>No activities today due to set up for Early voting for Primary Elections.</p> <p>Early voting is held beginning June 2 thru June 4.</p> <p>Primary Election Day is Tuesday, June 6th.</p>	<p>All adult activities and classes are for ages 18 and over except where noted. Children are not permitted in adult classes.</p>	<p>All activities and times are subject to change without notice due to unforeseen circumstances.</p> <p>Please call our main desk if you have questions 201-592-4699, M-F between 9 am & 4 pm</p>

KEY:

ITALICS = Upstairs Multipurpose Room
BOLD = Downstairs Multipurpose Room

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