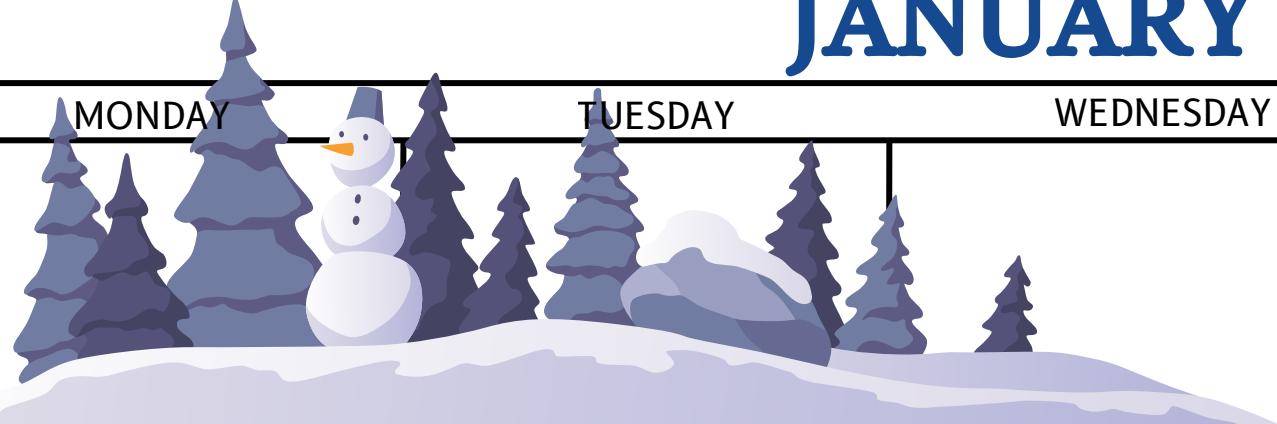


JANUARY 2026

SU	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SA
				1 Offices Closed	2 10:00-10:45 Exercise with Marianne 10:00-12:00 Needle Arts (Lynch Room) 11:00-12:00 Chair Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	3
4	5 10:00-10:45 Exercise with Marianne 11:00-12:00 Line Dancing	6 9:00-10:00 Forever Fit 10:30-5:00 Senior Cards	7 10:00-10:45 Exercise with Marianne 11:00-12:00 Mat Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	8 9:00-10:00 Forever Fit 3:00-4:00 Zumba Gold	9 10:00-10:45 Exercise with Marianne 10:00-12:00 Needle Arts (Lynch Room) 11:00-12:00 Chair Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	10
11	12 10:00-10:45 Exercise with Marianne 11:00-12:00 Line Dancing 12:30 p.m. Bingo!	13 9:00-10:00 Forever Fit 10:30-5:00 Senior Cards	14 10:00-10:45 Exercise with Marianne 11:00-12:00 Mat Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	15 9:00-10:00 Forever Fit 3:00-4:00 Zumba Gold 12:00 p.m. Luncheon	16 10:00-10:45 Exercise with Marianne 10:00-12:00 Needle Arts (Lynch Room) 11:00-12:00 Chair Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	17
18	19 Offices Closed	20 9:00-10:00 Forever Fit 10:30-5:00 Senior Cards	21 11:00-12:00 Mat Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	22 9:00-10:00 Forever Fit 3:00-4:00 Zumba Gold	23 10:00-10:45 Exercise with Marianne 10:00-12:00 Needle Arts (Lynch Room) 11:00-12:00 Chair Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	24
25	26 10:00-10:45 Exercise with Marianne 11:00-12:00 Line Dancing	27 9:00-10:00 Forever Fit 10:30-5:00 Senior Cards	28 10:00-10:45 Exercise with Marianne 11:00-12:00 Mat Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	29 9:00-10:00 Forever Fit 3:00-4:00 Zumba Gold 11:00a.m. Art of the Master (Cafe) 12:00 p.m. Candle Making	30 10:00-10:45 Exercise with Marianne 10:00-12:00 Needle Arts (Lynch Room) 11:00-12:00 Chair Yoga 12:15-1:15 Chair Yoga 12:00-3:00 Mahjong (Lynch Room)	31

Good to Know

- Senior volunteers needed for answering phones at the Senior Center and at Town Hall. Please contact Sparta Recreation at 973-729-2383 with any questions or to sign up.
- All events are held at the Walter Lynch Senior Center at Knoll Heights, unless otherwise specified. Registration required for all events.

Special Events



Candle Making Class:

January 29th

Join us for a fun and relaxing candle-making class designed just for seniors! You'll create your own candle in a beautiful decorative jar, choosing from a variety of scents to make it uniquely yours. At the end of the session you can take home your handmade candle.

Registration closes 1/20, or when program is full. Class will be at 12:00 p.m. Cost: \$22

Life-Saving Skills A.E.D. Workshop:

February 12th

Join Griffin Training Services for a 1-hour AED (Automated External Defibrillator) Familiarization Class. Learn how to operate an AED, correctly place the pads, and get hands-on practice using training units. You'll leave this workshop with greater confidence in responding to sudden cardiac emergencies. Workshop begins at 10:30 a.m. Cost: \$12

Morris Museum Mini-Trip:

February 19th

Sparta Seniors will be heading to the Morris Museum, a Smithsonian Affiliate, in Morristown, New Jersey. Senior Surrey transportation will be available on a limited basis for Sparta Residents. Admission to the museum will be at 11:30. Transportation details to follow. Registration closes 1/30, or when trip is full. Cost: \$12

Pop-Up Painting Class:

February 26th

Join us for a pop-up painting class for seniors. No experience needed and all supplies are provided! Guided step-by-step by a friendly instructor, you'll create your own unique masterpiece to take home. Registration closes 2/19, or when program is full. Class will be at 12:00 p.m. Cost: \$22

Ongoing Classes

Morning Exercise

10:00am-10:45am-Monday/Wednesday/Friday

Easy exercises for strength and flexibility. Attend any or all classes for an excellent workout!

Gentle Yoga

11:00am-12:00pm Wednesday Mat or 12:15pm-1:15pm Wednesday Chair

11:00am-12:00pm Friday Chair or 12:15pm-1:15pm Friday Chair

This class focuses on gentle movements and is designed for seniors. Classes are also available via Zoom.

Forever Fit

9:00am-10:00am Tuesday / Thursday

Join us for a fun and uplifting fitness class designed especially for seniors of all levels! This low-impact workout combines gentle cardio, light toning, and easy-to-follow movements to help improve overall well-being.

Line Dancing

11:00am-12:00pm Monday

Easy and fun dances and great exercise! No partner or experience necessary.

Zumba Gold

3:00pm-4:00pm Thursday

Zumba is a dance focused exercise class set to upbeat Latin and international music. The routines are easy to follow and are low-impact.

Bingo!

12:30pm-2:30pm Monday, January 12th

Sign up through Sparta Recreation! Seating is limited. Fee \$5

