



**MAYOR FELIX E. ROQUE, M.D.**

Proudly Presents

**RECREATION FOR ALL!**

*Commissioners Frias, Rodriguez, Vargas, and Wiley*

[www.westnewyorknj.org](http://www.westnewyorknj.org)

# August 2011

WNY Pool Hours: Mon – Fri 11 – 6 P.M. Sat. & Sun. 10 – 6 PM. Swim Lessons: Mon – Fri 6 – 7 P.M.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Self-Defense Hudson Hall: 7:00 – 10:00 AM	2 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M.	3 Self-Defense Middle School 9:00 – 10:00 A.M.	4 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M. 7:00 – 8:30 P.M.	5 Self-Defense Middle School 9:00 – 10:00 A.M. <u>Bolivian Independence Day Celebration-</u> City Hall 5-00 P.M	6 <u>Bolivia's Independence Day!</u>	7 Farmer's Market 12 P.M. – 5 P.M.
8 Self-Defense Hudson Hall: 7:00 – 10:00 AM	9 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M.	10 Self-Defense Middle School 9:00 – 10:00 A.M. <u>Ecuador's Independence Day!</u>	11 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M. 7:00 – 8:30 P.M.	12 Self-Defense Middle School 9:00 – 10:00 A.M.	13 Walk-a-thon Let's Clean Our City!	14 Farmer's Market 12 P.M. – 5 P.M.
15 Self-Defense Hudson Hall: 7:00 – 10:00 AM	16 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M.	17 Self-Defense Middle School 9:00 – 10:00 A.M.	18 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M. 7:00 – 8:30 P.M.	19 Self-Defense Middle School 9:00 – 10:00 A.M.	20	21 Farmer's Market 12 P.M. – 5 P.M.
22 Self-Defense Hudson Hall: 7:00 – 10:00 AM	23 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M.	24 Self-Defense Middle School 9:00 – 10:00 A.M.	25 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M. 7:00 – 8:30 P.M.	26 Self-Defense Middle School 9:00 – 10:00 A.M.	27 Neighborhood Block Party! 12 P.M. – 5 P.M.	28 Farmer's Market 12 P.M. – 5 P.M.
29 Self-Defense Hudson Hall: 7:00 – 10:00 AM	30 Tai-Chi, Dance, Exercise, & Chi-Kung Hudson Hall 8:00 – 10:00 A.M.	31 Self-Defense Middle School 9:00 – 10:00 A.M.				

GUIDE TO SENIOR TRIPS

*Trips to Supermarket:*

Tues – East Section  
Thurs – West Section  
(Pick-up will be on Tues.  
at Blvd. East at 11:30 A.M.)

*Trips to Mall: Mon – Friday 9:30 A.M.*

Mon – Bergen Mall, Paramus  
Tues – Newport Mall, Jersey City  
Wed – Garden State Plaza, Paramus  
Thurs – Edgewater Commons  
Fri – Mill Creek, Secaucus



