































CRESSKILL SENIOR ACTIVITY CENTER 201-503-9831

October 2017

Mon	Tue	Wed	Thu	Fri
<p>2 PILATES 9:30 11:00 BOOK CLUB  12:30 Senior Meeting</p> 	<p>3 Computer Less by appt. 9-11 10:00 Bridge  10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p> 	<p>4 ** FLU SHOT CLINIC 9:30 - 11 AM CRESSKILL BORO HALL ... RESIDENTS ONLY 9:45-11:15 Quilting Chair Yoga 11:45 CHAIR YOGA 1:00 Yoga Class 2:00 Game Day</p> 	<p>5  9:30 Qi-Gong/Tai-Chi 10:30 Movie 110 m Rated PG-13 "Florence Foster Jenkins" 1:00 Duplicate Bridge</p> 	<p>6 NO Zumba Gold NO STRENGTH training NO Discussion group NO YMCA Exercise NO Mah-Jong</p> 
<p>9 CENTER CLOSED</p> 	<p>10 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p> 	<p>11 Computer Less by appt. 9-11 9:45-11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class  2:00 Game Day</p> 	<p>12 9:30 Qi-Gong/Tai-Chi 10:30 Movie 121 m Rated "R" "GOLD" 1:00 Duplicate Bridge</p> 	<p>13 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training 1:00 YMCA Exercise 1:00 Mah-Jong</p>
<p>16 PILATES 9:30 PLEASE JOIN US @1PM FOR PART I OF OUR 2 PART SERIES \$\$ FINANCE FOR WOMEN \$\$ MUST SIGN UP PLEASE BALLROOM DANCING LESS. 10:30</p>  	<p>17 Meet for trip at 9:15 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p> 	<p>18 Computer Less by appt. 9-11 9:45-11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day</p>  	<p>19 9:30 Qi-Gong/Tai-Chi 10:30 Movie 110 m Rated "R" "Moonlight" 1:00 Duplicate Bridge</p> 	<p>20 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training 1:00 YMCA Exercise 1:00 Mah-Jong</p> 
<p>23 PILATES 9:30 11-1:00 Blood Pressure taken and recorded 12.30 SENIOR MEETING</p> 	<p>24 Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p>	<p>25 Computer Less by appt. 9-11 9:45-11:15 Quilting Chair Yoga 11:45 1:00 Yoga Class 2:00 Game Day</p>  	<p>26 9:30 Qi-Gong/Tai-Chi 10:30 Movie 97m Rated "R" "Hologram of a King" 1:00 Duplicate Bridge</p> 	<p>27 9:30 Zumba Gold 10:00 Discussion Group 11:15 STRENGTH training 1:00 YMCA Exercise 1:00 Mah-Jong</p> 
<p>30 PILATES 9:30 PLEASE JOIN US @1PM FOR PART II OF OUR 2 PART SERIES \$\$ FINANCE FOR WOMEN \$\$ MUST SIGN UP PLEASE BALLROOM DANCING LESS. 10:30</p>  	<p>31 Happy Halloween Computer Less by appt. 9-11 10:00 Bridge 10:15 BASIC Training 11:45 Stretch Class 1:30 Art Class</p>	<p>AARP Drivers Education Class MONDAY, November 6TH 9:30-2:30 pm Please register for a 6-hour course. When completed, you will receive a discount on your insurance. Limited space - \$15 for AARP members \$20 for nonmembers See Donnajo</p>  	<p>** FLU SHOT CLINIC CRESSKILL RESIDENTS ONLY WEDNESDAY, OCTOBER 4 9:30-11:00 AM Beat the Bug CRESSKILL BORO HALL 67 UNION AVE. BRING MEDICARE CARD</p> 	<p>TRIP TO THE MET 12/5 Michelangelo & Christmas Tree at the Metropolitan Museum of Art \$79 pp Limited space See Donnajo for info.</p> 